Kind

"'What do you want to be when you grow up?'
'Kind,' said the boy." Charlie Mackesy

- Researchers have shown that being kind to others lights up our brain's reward system; there's a strong link between kindness and our emotional well-being.
- It has a ripple effect too; people who have been on the receiving end of kindness are more likely to be kind to others.
- When was the last time you experienced kindness, or saw someone else being kind? When was the last time you showed kindness to someone else? How did it make you feel?
- Sometimes people fail to be kind just because they don't notice someone else's need. Can we be too preoccupied with our own lives to be aware of those around us?
- How do we encourage people in our school community to treat each other more kindly?

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