

# Kindness



- February Half Term was also ‘Random Acts of Kindness Week,’ designed to make kindness the norm. The Internet is full of lists of kind acts, from baking a cake to sending a card, from passing on a compliment to letting another driver go ahead of you.
- Research shows that helping others is good for our mental – and even our physical – health. It stimulates feel-good hormones and can even reduce pain. ‘Doing good does you good.’
- How can we encourage a culture of kindness in our classroom or office or at home? It can start with just one person – you – but we can inspire others to be kind by talking about it openly and acknowledging their acts of kindness.
- Be still for a minute and think of a specific person you could show kindness to – perhaps someone you find challenging!!

***‘A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.’*** Amelia Earhart