

Counselor's Corner *By Ms. Rane*

Dear parent/guardian,

I recently did a presentation in your child's class about kindness and compassion. According to an article by Big Life Journal, Harvard researchers discovered years ago that children were 3 times more likely to agree with the following statement:

"My parents are prouder if I get good grades in my classes than if I'm a caring community member in class and school."

Big Life Journal reports that a survey of 10,000 children from 33 school districts report that 80 % of children believe their parents appreciated achievement much more than happiness or kindness. Many parents agree that kindness is important but kids are not getting that message.

Grades and achievement are important but kindness is at the heart of social competence, relationships, and connection. Teaching children kindness and empathy requires conscious effort just like they would learn anything else such as a sport or instrument. In order to learn a lifelong kindness habit, regular repetition of kindness is crucial.

Have you ever experienced or provided "random acts of kindness?" How did it make you feel? Experts have found that showing kindness changes the brain, and that selfless acts of giving provide physical and emotional benefits needed for a well-rounded individual. Learning kindness early on is essential for children. The following are just a few of the many benefits your children will experience from learning kindness:

- **Happy children** - Studies show that kindness activates the joyful area of the brain.
- **Improved health and less stress** - Being kind increases happiness and decreases stress
- **Greater sense of Belonging and improved self esteem** - Even small acts of kindness create feelings of self worth and belonging and increase energy and give a feeling of optimism
- **Increased feelings of gratitude** - Children learn to appreciate what they have when helping those less fortunate
- **Better concentration and improved results** - Kindness is a key ingredient that helps children feel good. Having a positive outlook increases attention span and enables more creative thinking which can produce better results at school .
- **Less bullying** - Research shows that the effects of bullying can be significantly reduced by implementing kindness based programs
- **Reduced depression** - Research shows that an act of kindness increases serotonin levels (a natural chemical responsible for improving mood) in the brain. Levels are increased in both the giver and receive of an act of kindness, as well as anyone who witnessed the kindness, making it a wonderful natural antidepressant.

Remember you are the most important teacher in your child's life. Doing acts of kindness is one of the best activities you can do with your children. Intentional acts of kindness can make a difference no matter how big or small. Attached is a list of 100 Acts of Kindness for Kids, as well as some kindness cards. We can all play a small part in coloring our world with kindness! You can find a detailed article titled, How to Raise Kind and Caring Children, that further explains the steps on the next page.

https://biglifejournal.com/blogs/blog/raise-kind-caring-children?utm_source=Pinterest&utm_medium=Social

steps to raising 5 KIND & CARING CHILDREN

by Big Life Journal

1 START BY PRACTICING EMPATHY

- Model empathy. Say, "You seem disappointed. I know it's hard to leave when you're having so much fun."
- Help your children consider the emotions of others. Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"



2 READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, "What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"



3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, "How are you feeling?" or, "Is there anything I can do to help?"



4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a "grandfriend" at a local nursing home.
- Make Valentine's for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



100

ACTS OF KINDNESS FOR KIDS

1. Put change in a vending machine.
2. Hold the door open for someone.
3. Do a chore for someone without them knowing.
4. Tell a joke.
5. Return someone's cart at the store.
6. Give candy to your bank teller.
7. Leave a letter in a library book.
8. Feed the birds.
9. Leave happy notes around town.
10. Put a small bin in your car to collect recycling.
11. Call your grandparents and ask them about their childhood.
12. Pick up litter.
13. Let someone go ahead of you in line.
14. Compliment a friend.
15. Wash someone's car.
16. Write a thank you note for your mail carrier.
17. Plant something.
18. Bake dessert for a neighbor.
19. Walk dogs at the animal shelter.
20. Check in on an elderly neighbor.
21. Set up a lemonade stand and donate the profits.
22. Send a card to a service member.
23. Bury treasure at the playground.
24. Set the table for dinner.
25. Leave bubbles on someone's doorstep.
26. Put money on a stranger's layaway bill.
27. Tell someone why they are special to you.
28. Donate outgrown clothes.
29. Buy a coffee for a stranger.
30. Pass out stickers to kids waiting in line.
31. Talk to someone new at school.
32. Write chalk messages on the sidewalk.
33. Weed or shovel for a neighbor.
34. Donate food to the food pantry.
35. Bring flowers to your teacher.
36. Tell a manager how good your service was.
37. Tape change to a parking meter.
38. Donate socks and supplies to the homeless shelter.
39. Give a lottery ticket to a stranger.
40. Call a friend you haven't seen in a while to say hello.
41. Tape money for the ice cream truck to a friend's front door.
42. Take treats to the fire station.
43. Read a book to someone.
44. Leave heads up pennies on the sidewalk.
45. Donate a book to a doctor's office waiting room.
46. Tell someone how much you love them.
47. Say hello to everyone you see.
48. Make someone else's bed.
49. Hold the door open for someone.
50. Wave at kids on school buses.
51. Sing songs at a nursing home.
52. Invite someone to play on the playground.
53. Tell the principal how great your teacher is.
54. Donate a toy to Toys for Tots.
55. Turn off the water while brushing your teeth.
56. Say thank you when you see service members.
57. Fill a kindness jar with candy for another family.
58. Make a thank you sign for sanitation workers.
59. Make a busy bag for a family with young children.
60. Bring cookies to the custodian.
61. Help make dinner.
62. Donate new pajamas for foster kids.
63. Make a get well card for someone.
64. Bring your neighbors' garbage cans up for them.
65. Take care of someone's pet while they're away.
66. Leave a popcorn surprise on a DVD rental machine.
67. Share a special toy with a friend.
68. Clean up your room without being asked.
69. Tape a video message for faraway friends.
70. Leave kindness stones at the park.
71. Give a candy bar to the bus driver.
72. Send dessert to another family at a restaurant.
73. Give spare change to the food pantry.
74. Buy extra school supplies for a teacher.
75. Make muffins for your pharmacist.
76. Teach someone something new.
77. Reuse paper when you are drawing.
78. Pay for someone's toll.
79. Give someone a hug coupon.
80. Volunteer at a soup kitchen.
81. Write a note for someone's lunch.
82. Collect money or items for your favorite charity.
83. Donate coloring books and crayons to the children's hospital.
84. Write a poem for a friend.
85. Ask for donations instead of birthday gifts.
86. Help someone unload groceries at the store.
87. Make a candy gram for the police department.
88. Collect books for the library.
89. Adopt an animal online.
90. Decorate tissue boxes and hand sanitizer for nursing stations.
91. Make a homemade gift for someone.
92. Clean up your toys without being asked.
93. Deliver water bottles to the homeless shelter.
94. Create activity bags for families of deployed soldiers.
95. Give high fives to a friend.
96. Make a thank you card for your librarian.
97. Dry the slides at the park with a towel after it rains.
98. Make play dough for a preschool class.
99. Send a postcard to a friend.
100. Smile at everybody. It's contagious.

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ENJOY THIS
RANDOM ACT OF

Kindness

make the world a better place,
by bringing a smile to someones face!

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