


The background features several watercolor-style splashes in shades of pink and light green. In the bottom right corner, there is a simple line drawing of a hand with fingers slightly spread. The word "Kindness" is centered in a bold, dark purple font.

# Kindness





No act of kindness,  
regardless of how small  
or large, is ever a waste  
of time.

# What is Kindness?

**KINDNESS IS A SYMPATHETIC  
OR HELPFUL ACT.**



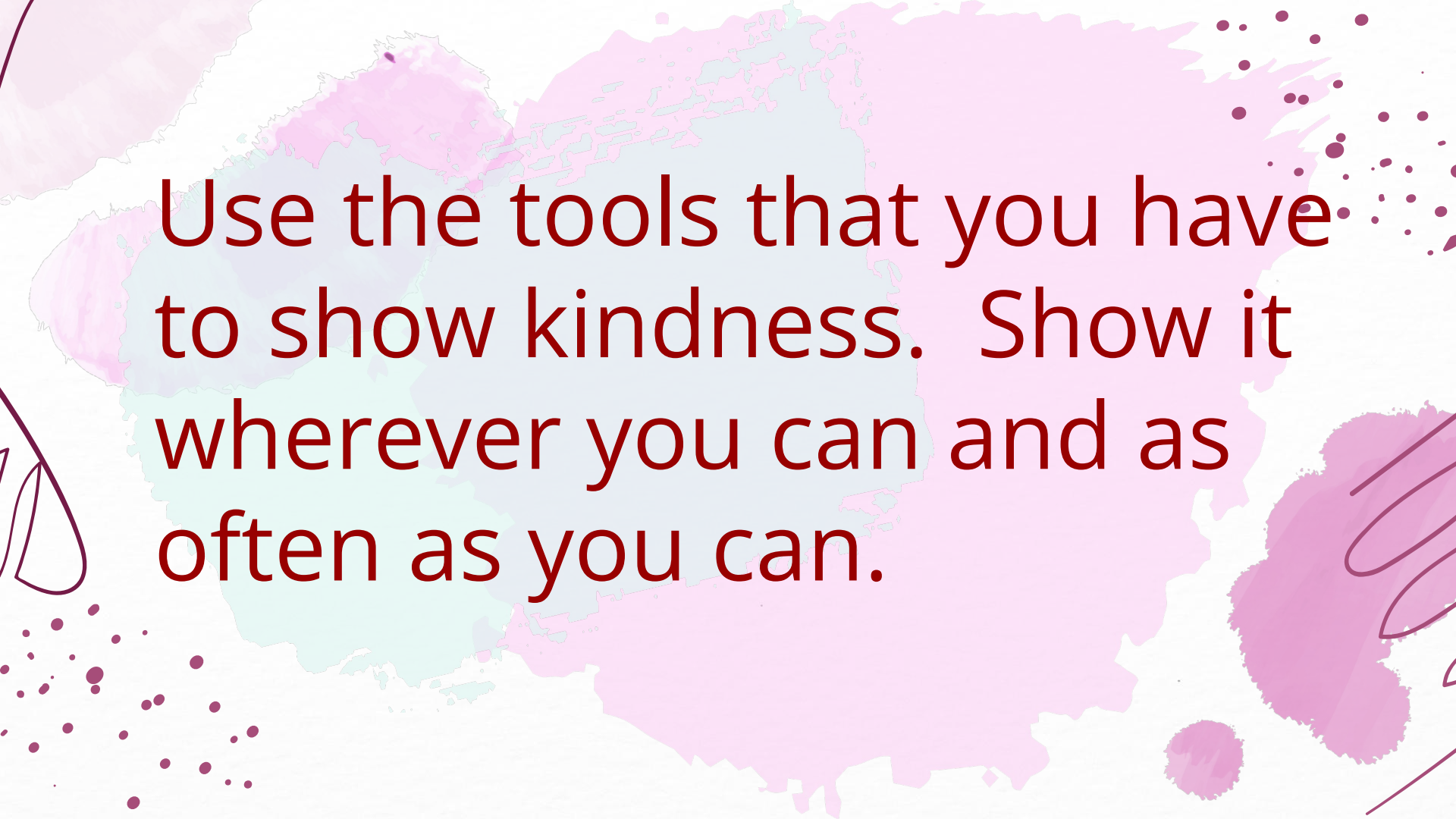


# Let's discuss

**What is an example of Kindness?**

**Who has been kind to you this week?**

**What's something kind you've done today?**



Use the tools that you have  
to show kindness. Show it  
wherever you can and as  
often as you can.



# How does Kindness Work?

**Kindness** is just about the only thing in the world that doubles when you share it.

Studies show that doing **One Act of Kindness a day...**

- reduces stress, anxiety & depression
- results in an increase of hormones that make us feel better mentally & physically
  - **Serotonin:** Serotonin in your brain regulates your mood. It's often called your body's natural "feel good" chemical. A release of serotonin will make you feel more focused, emotionally stable, happier and calmer.
  - **Endorphins:** Endorphins help relieve pain, reduce stress and improve your sense of well-being.
  - **Oxytocin:** the "love drug". Witnessing acts of kindness produces oxytocin, which aids in lowering blood pressure and improving our overall heart-health. Oxytocin also increases our self-esteem and optimism.
- if witnessed by others, those individuals will feel the same effects and are more likely to **pass it on!**

# Let's discuss.

**What is a benefit of being kind?**

**Do you know more than what was on the previous page?**

**Where can we find more information?**



A pink donut with colorful sprinkles (red, yellow, teal) is the central focus. A white circular overlay is centered on the donut, containing the text. The background is white with decorative elements: a pink torn-edge shape in the top-left, a pink area with dark purple dots in the top-right, and a teal torn-edge shape at the bottom. A purple scribble is in the bottom-left.

**Kindness is free.  
Sprinkle that stuff  
everywhere.**

# Change the World with Kindness

## Kindness Challenge

Ever have those bad days? How can you change those bad days into good?

Random acts of Kindness: These have been proven to improve health, energy, life satisfaction, optimism, personal connection, and self worth.

Random acts of Kindness decrease anxiety, depression, and blood pressure

Make a list: TWO PEOPLE you know and a BLANK SPACE for someone you do not

Do something for each person on your list! It does not have to be anything hard or complicated- it can be as simple as giving someone a compliment or helping someone who may be in need.

How can YOU change the world with kindness?

When kindness is shown, it has a tendency to have a ripple effect. Let's not allow it to end, show kindness today!