Wellbeing

How does kindness help us to be well-beings?

Have you ever seen someone show kindness to another person? How did that make you feel?

Can you think of a time that someone showed kindness to you? When others show us kindness it makes us feel seen and noticed.

St Martin showed kindness to the cold homeless man when he gave him half of his cloak. It is this kindness and compassion, in service of others that we hold close to our hearts in a Catholic school.

Experiencing kindness releases happy hormones that reduces our stress levels and helps our emotional wellbeing. Showing kindness makes us feel happy, the people who *recive* our kindness feel happy, and the people who *see* our kindness feel happy. Being kind gives us a sense of worth. Our lives are so busy and it can be very easy to be unkind and speak in an unkind way.

HOW TO TEACH KINDNESS TO YOUR CHILD

Let your child experience the joy of being kind to others

Encourage kind habits

Model kind behaviour

Show kindness to animals

Don't talk badly about others around your children

Speak to those around you with kindness

Be respectful of your child's feelings and show them kindness

Don't tease your child or others

Show your child how their behaviour affects others

How do I feel? A Card set of Emotions for children
Rebekah Lipp and Craig Phillips

Friday 17th Feburary was Random Acts of Kindness Day. The Student Voice Representatives made Random Acts of Kindness cards and decorated the pavers with 'Be Kind'.
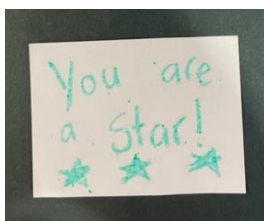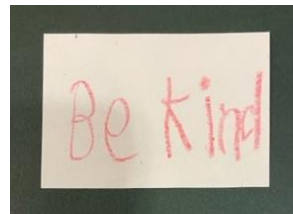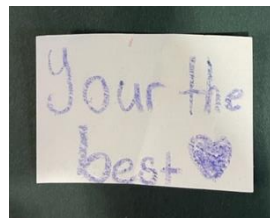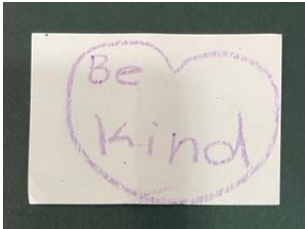
St Mary MacKillop said, "Be a gift of love and compassion for one another."

Consider how you show kindness each day and how you model that for your children.

Further reading:

[The heart and science of kindness - Harvard Health](#)

[The Random Acts of Kindness Foundation | Kindness at Home](#)