

LEARN. SHARE. NURTURE.





What is Kindness?

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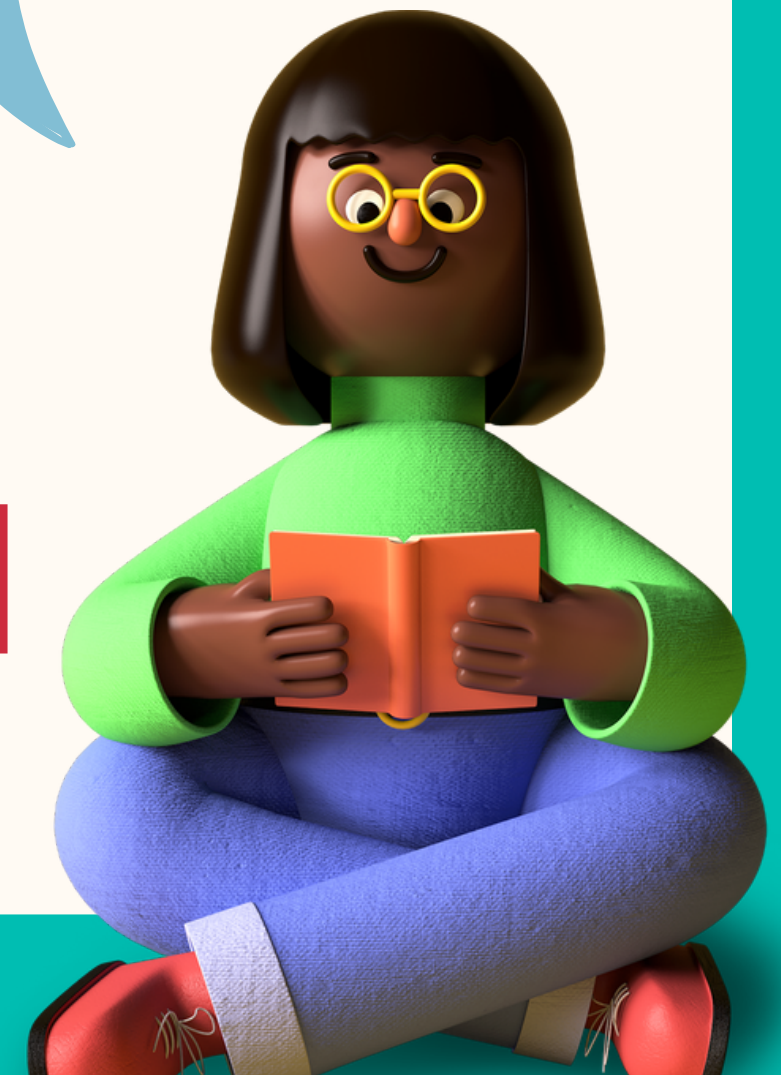


“choosing to do something that helps others, or even yourself”

“doing things that may go without acknowledgment without expecting anything in return”

“the voluntary use of your time and resources to show genuine acts of love, compassion, generosity, and service”

Kindness = actions intended to benefit someone

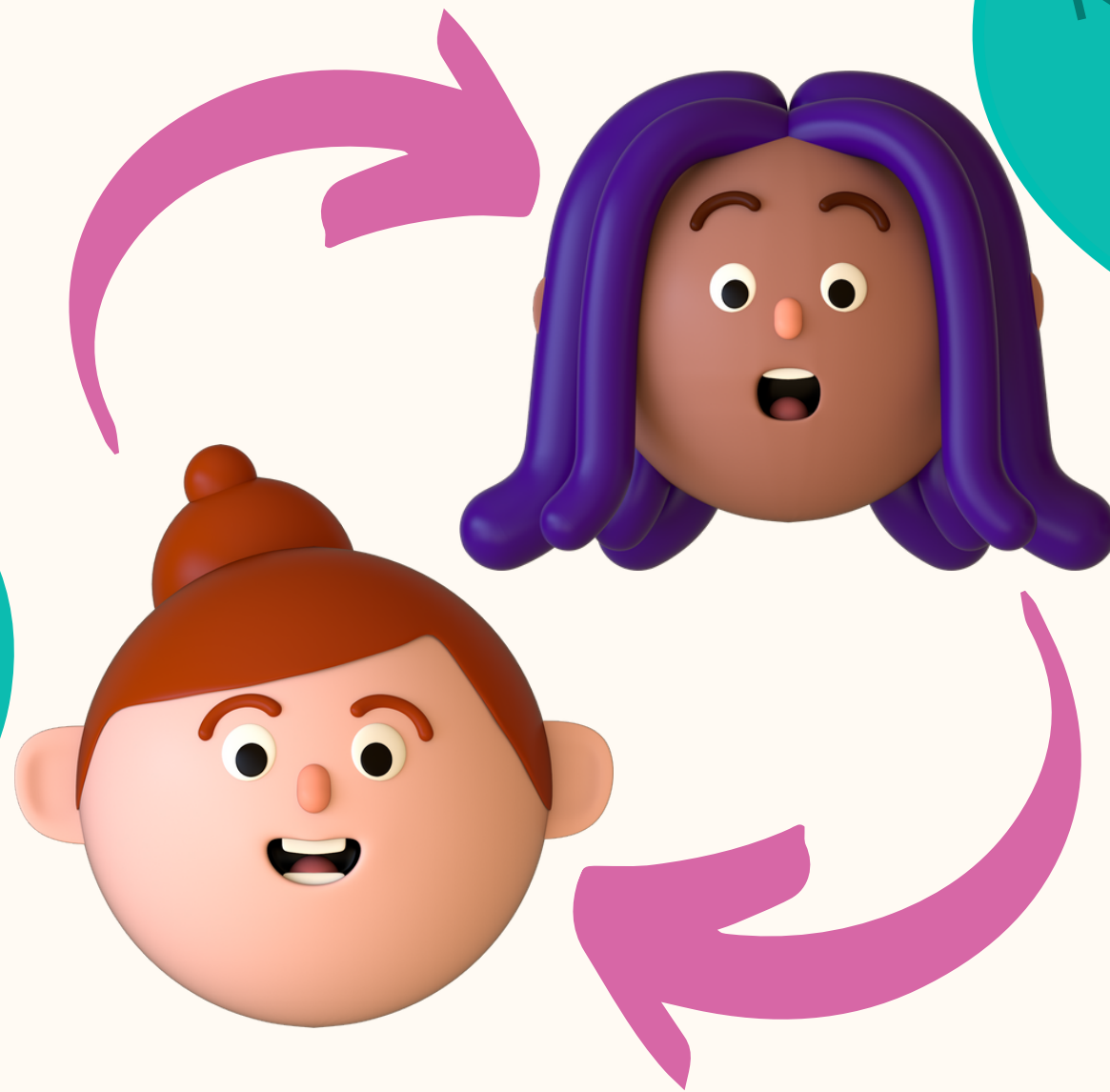




Why be Kind?

Did you know?

The person giving
the kindness also
benefits



Kindness doesn't
just benefit the
reciever

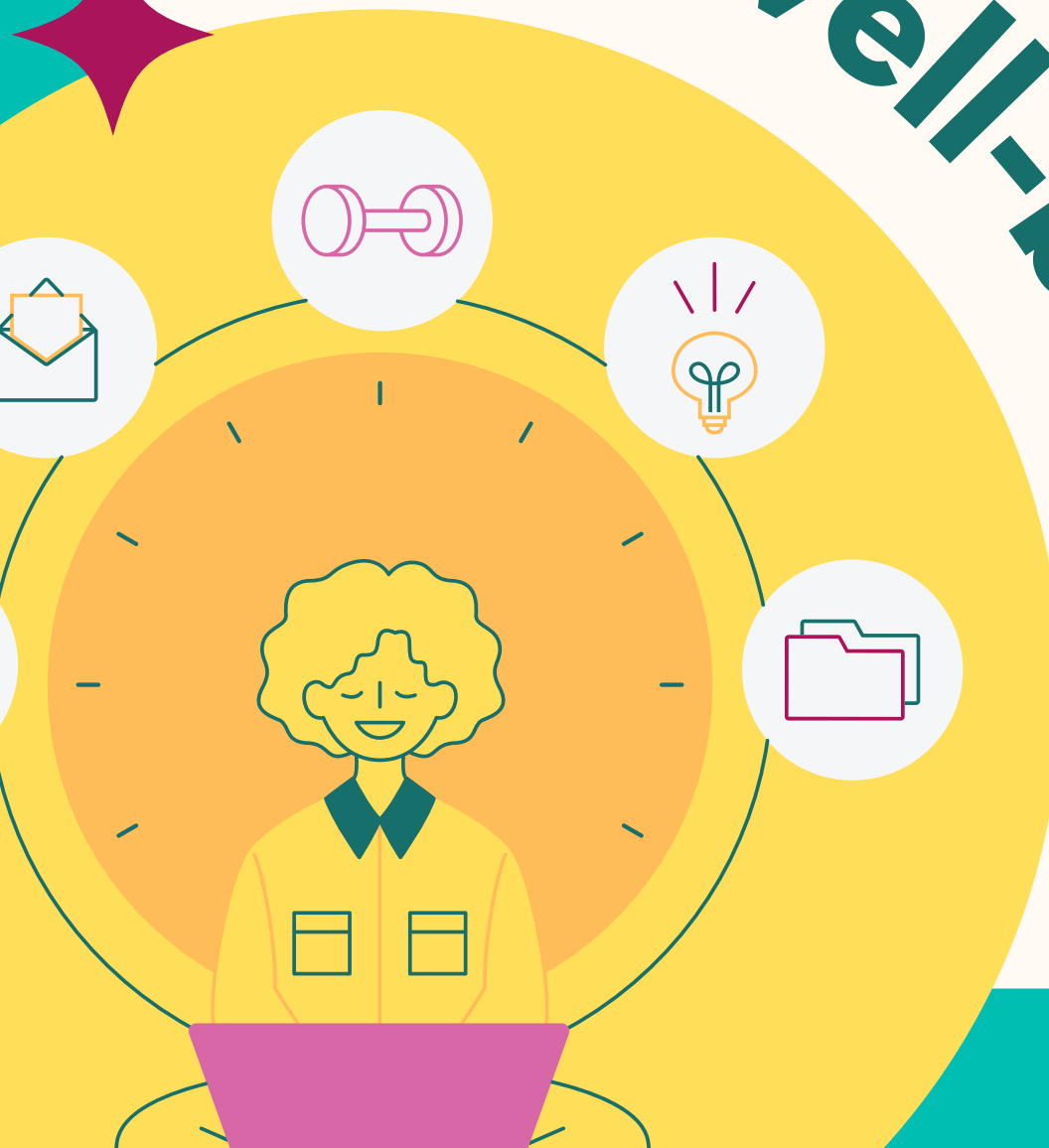
How?

Being kind can affect your own...



physical health

well-being

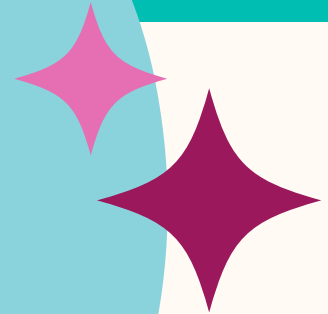


relationships





Kindness & Physical Health

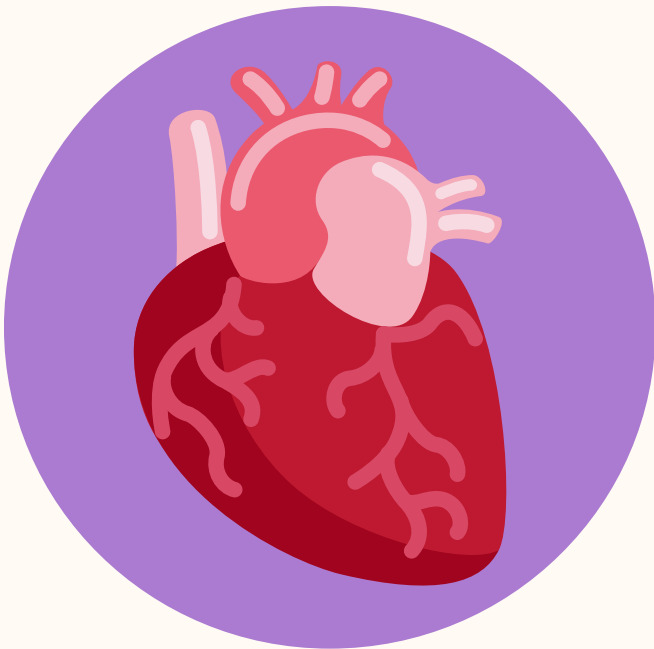


Help fight off infections



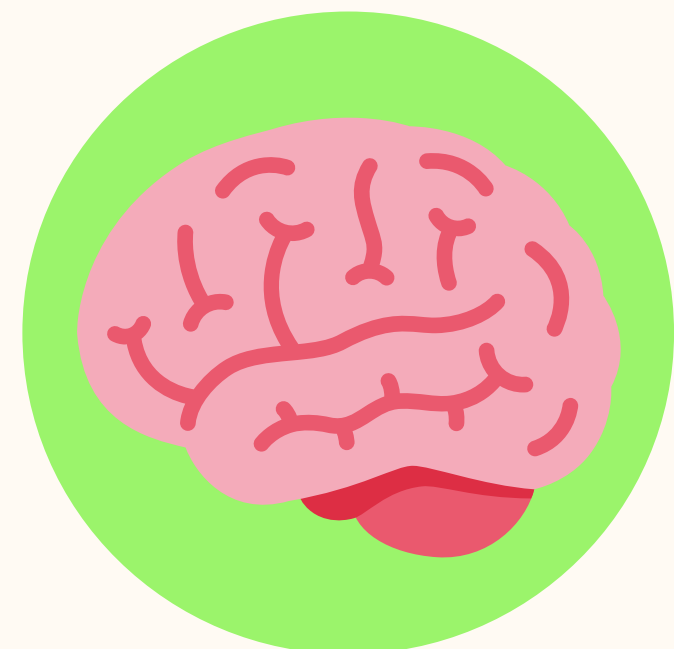
Help prevent us getting nasty diseases

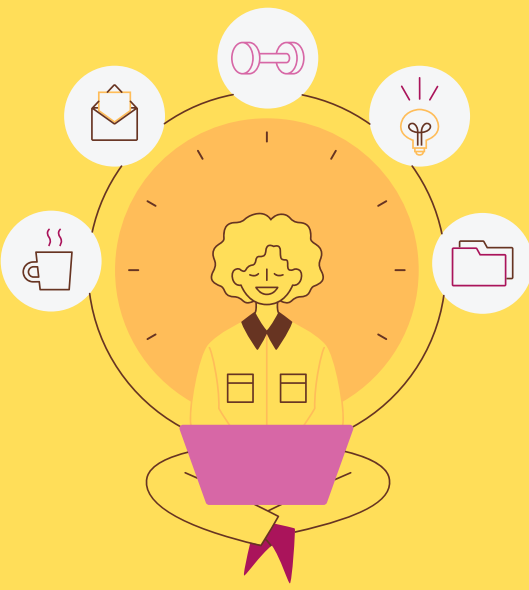
Lowers blood pressure



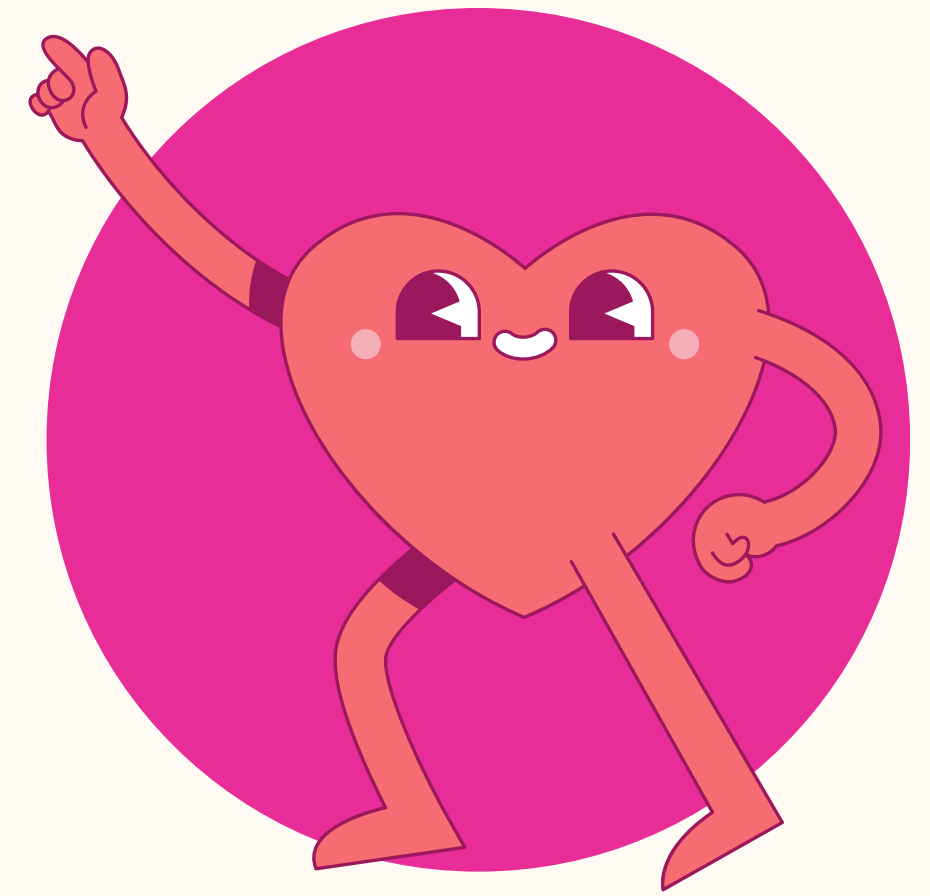
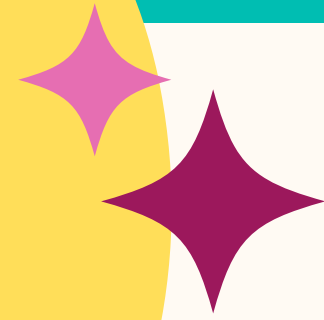
Stops us feeling so stressed out

Can keep your brain healthy!

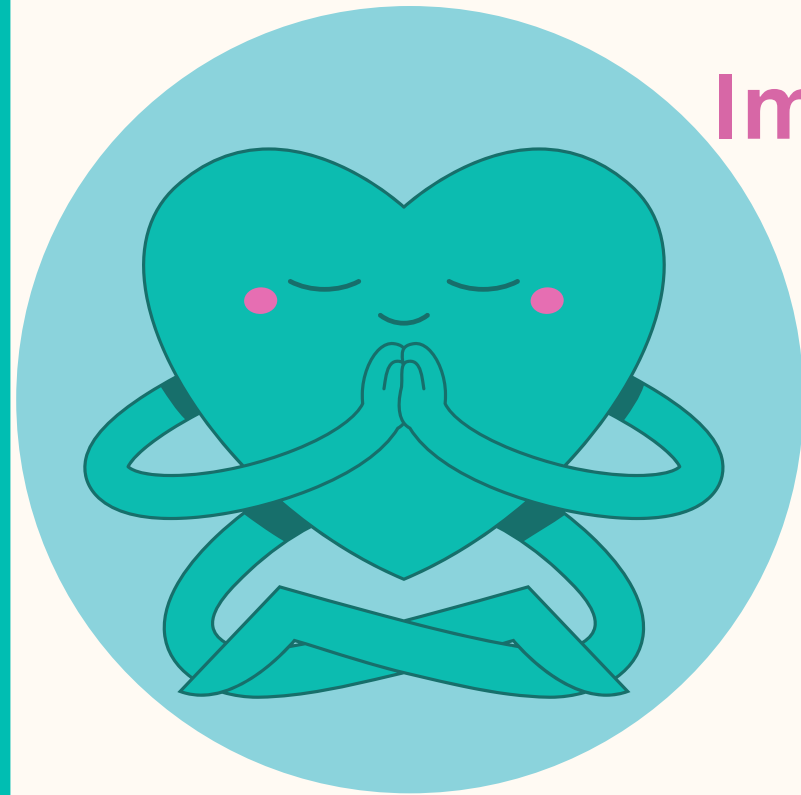




Kindness & Wellbeing



Improve your mental health



Releases happy hormones!

It can help us not feel so lonely





**How can I show
Kindness to others?**

Lets get talking!



Can you think of
ways you already
help those around
you?

To show kindness to others you can....

help

listen

share

encourage

comfort

GIVE



Say thank you
and good morning

SAY

compliments

the truth



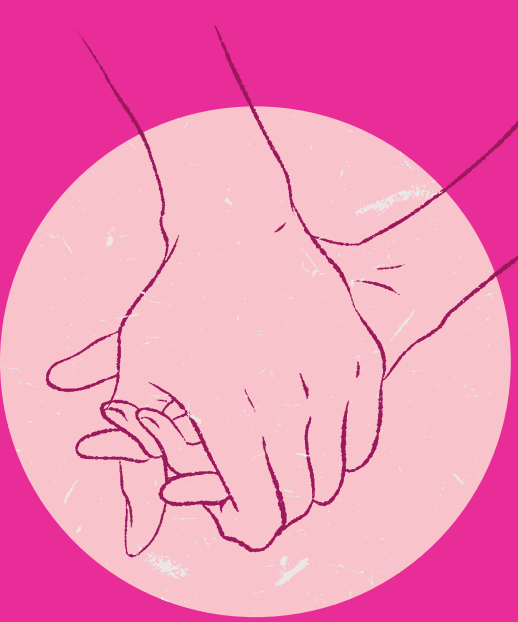
DO

Smile

Forgive

Include





Kindness & Relationships



Why be kind to strangers?

Feels more pure and genuine

Every friend starts as a stranger

Recipient feels more grateful because it's more surprising

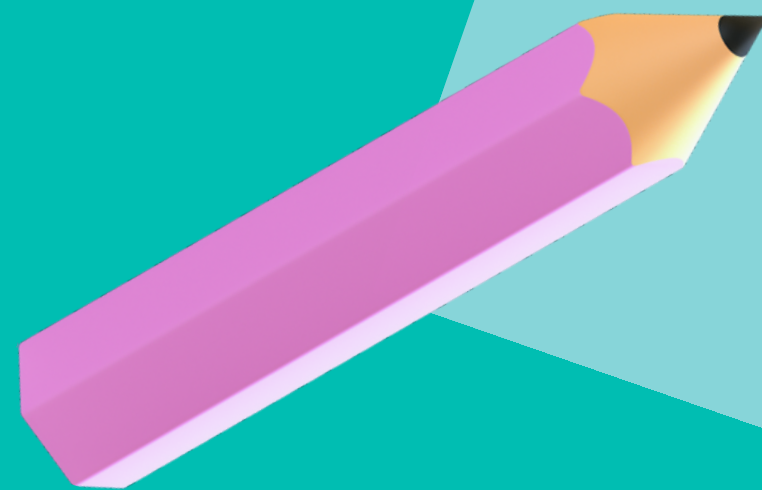


The Kindness Box



write a nice
message,
receive a nice
message!

a personalised card for someone who might need it:
hope you have a nice day :)





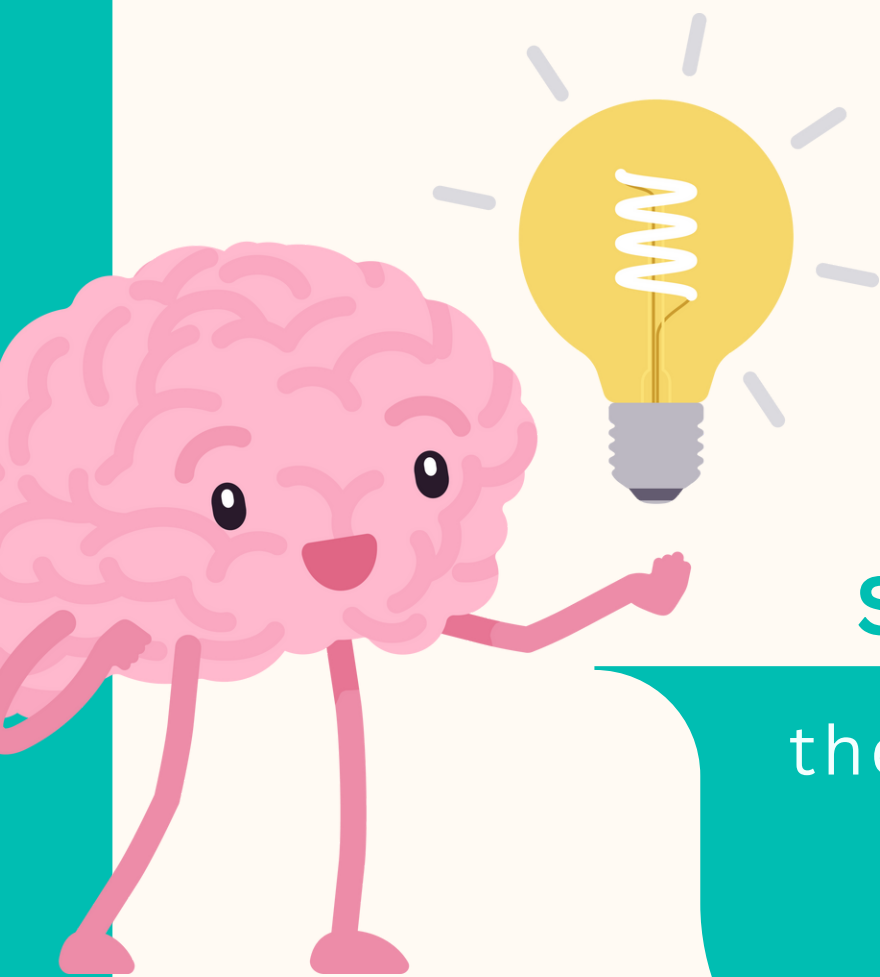
Self-Kindness...



Self Kindness

What is it?

= SELF COMPASSION + SELF CARE



Self Compassion:

the mindful and emotion based practice of showing ourselves support & understanding

the more action-based practice of self-love and compassion

Self Care:



Lets
get
thinking!

How can I show
Kindness to
myself?



Ways in which you can be kind to yourself

staying active



take time to rest



forgive yourself



pay attention to your inner dialogue



make time for self care



spend time with your friends & loved ones



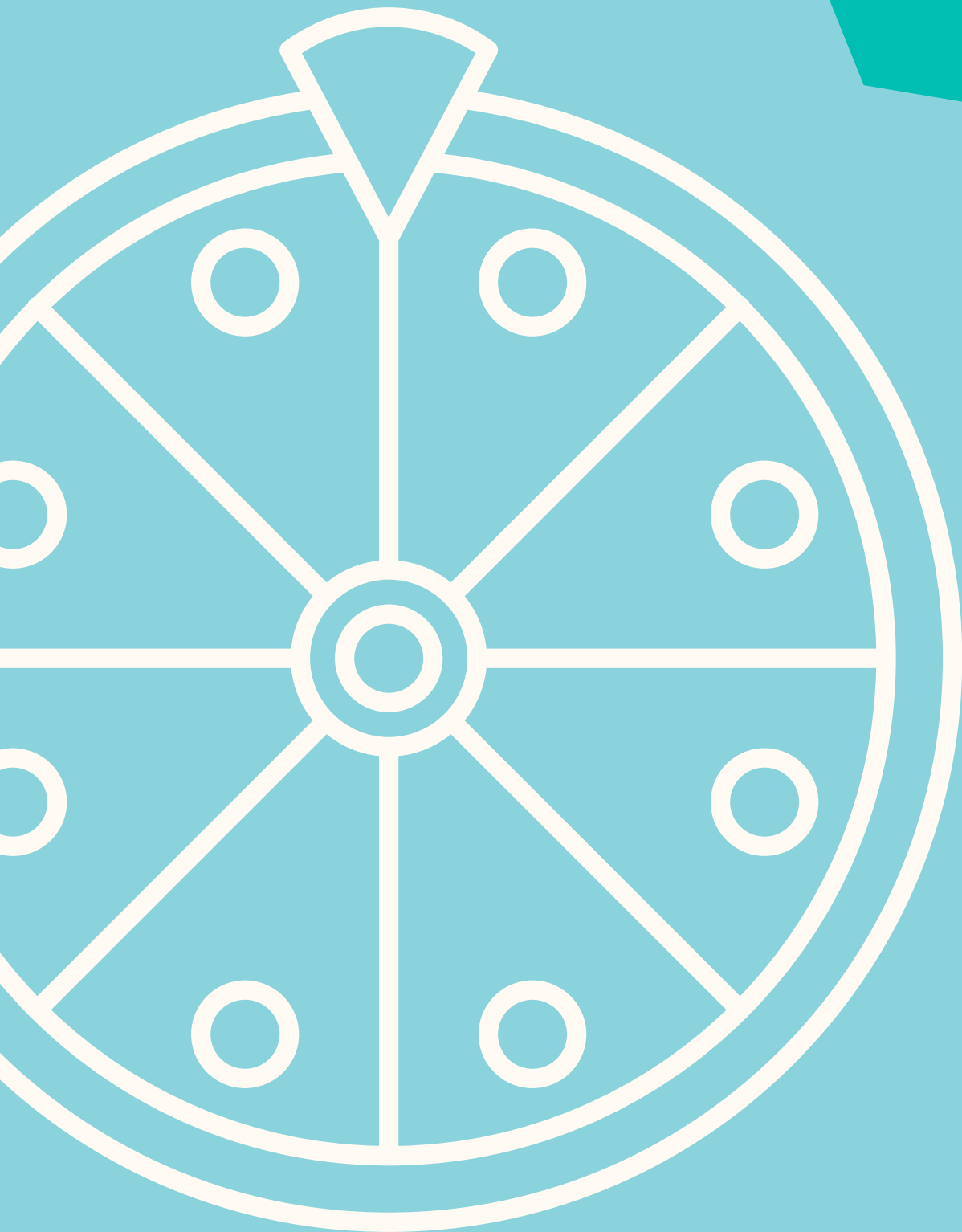
explore your hobbies & interests



Self-Kindness Spinner



Can you think of
some acts of self-
kindness to do for
yourself?



Main Points



1. What is Kindness?

"choosing to do something that helps others, or even yourself"

2. Why be Kind?

It helps others and ourselves

benefits our physical health, wellbeing and our relationships

Main Points



3. How can I show Kindness to others?

Do

Say

Give

4. How can I show Kindness to myself?

hobbies

forgive yourself

exercise

rest

friends & family

positive thinking

self care



Any questions?