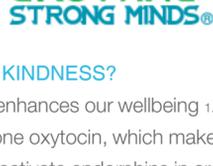


# DECEMBER NEWSLETTER

## Tips To Enhance Kindness



### WHAT ARE THE BENEFITS OF KINDNESS?

Research indicates that kindness enhances our wellbeing 1. In particular, performing acts of kindness can release the hormone oxytocin, which makes us feel good and decreases stress. Acts of kindness can also activate endorphins in areas of the brain associated with pleasure, social connections and trust. These feelings inspire further acts of kindness causing a ripple effect 2.

### HOW TO INCREASE KINDNESS IN YOUR SCHOOL OR HOME

Children may need explicit instructions as to what kindness looks like. Some simple examples are: holding a door open for someone; smiling at others; picking something up someone has dropped; and allowing someone to go ahead of you in a queue. Other suggestions are:

1. Spot strengths in others and tell them eg 'I like the colours you used in your drawing, that shows your creativity.' 'Thanks for waiting for me, that's kind of you.'
2. Write a kind note for someone
3. Encourage a Kindness Challenge - there are many available online or do your own. Tell students or your family that this week we are on the hunt for displays of kindness. You might like to write these down when you observe or do them and stick them on a wall. If you are a Strong Mind school you can hand out Kindness Leaves to acknowledge this strength.
4. Do a meditation - remember kindness is about being kind to yourself as well as others
4. Have kind quotes on display, but ensure that you behave in a kind manner - actions speak louder than words.

1. <https://journals.sagepub.com/doi/abs/10.1177/0265407517738584>

2. Aknin, L.B., Dunn, E.W., & Norton, M.I. (2012). Happiness runs in a Circular Motion: Evidence for a Positive Feedback Loop between Prosocial Spending and Happiness. *Journal of Happiness Studies*, 13 (2), 347-3552. <http://science.sciencemag.org/content/319/5870/1687>



### KINDNESS BOOK

A lovely book with suggestions on how children can be kind.



### SPECIAL OFFER

Listen to our special offer below, only on until the end of term 1, 2019.



### GREAT CHRISTMAS GIFT IDEAS



#### GRATITUDE JOURNALS

We offer 3 gratitude journals for all ages from 5 years to adults. They include instructions for how to journal most effectively and room to write or draw what you are grateful for.

[More Info](#)



#### CHARACTER STRENGTH CARDS

These 24 scientifically validated strengths allow students (and adults) to identify the best in themselves, and spot the best in others. This enhances relationships and builds an inclusive environment.

The cards are recommended for the classroom or home.

Students can choose a strength to focus on for the week, independently, or as a class or family.

Further activity suggestions are provided with the cards.

[More Info](#)



### START 2019 WITH STAFF WELLBEING

Start your year by investing in your most valued asset - your staff. Our wellbeing package Strong Minds not only enhances individual staff wellbeing but also build relationships amongst staff. Book your 1.5 hour NESA Approved staff workshop now.

Strong Minds follows the GGS Applied Model for Positive Education Framework - Learn It, Live It, Teach It, Embed It (Norrish, Williams, O'Connor & Robinson, 2013). Firstly enhancing staff wellbeing, then focusing on student wellbeing, and finally ingraining this within the school culture.

#### BOOK NOW!

or request an [INVOICE](#) or [CONFERENCE CALL](#)

[Learn More >>](#)

### HAVE A WONDERFUL HOLIDAY

Warmest wishes,  
Nicole and the team at  
Growing Strong Minds

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# CHOOSE KIND

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