

+Kindness: Older Students

The February Character Trait of the Month

Being kind and compassionate benefits our mood, self-esteem and happiness. Kindness, or doing good, often means putting other people's needs before our own. It could be by giving up our seat on a bus to someone who might need it more, or offering to help a classmate with an assignment. Acts of kindness can make the world a happier place for everyone. They also encourage others to repeat the good deeds they've experienced themselves - contributing to a happier society.

Please watch this video and answer the questions below.

[The Science of Kindness](#)

Questions:

1. This video discusses hormones (such as oxytocin) that are activated through acts of kindness. Simon Sinek says that oxytocin is "Mother Nature's way of trying desperately to get us to look after each other." What are some reasons that humans might be hard-wired to do kind things?
2. Who is the kindest person you know? Describe the reasons you chose this person.
3. What are some ways (at least 5) that you are already showing kindness to others? What are some new ways (at least 5) that you could be even kinder?