

ACTS OF KINDNESS

Why They Matter and
What We Can Do



GoldenRuleism principal principles



“Do for all others, both directly and indirectly,
what you would want done for you.

Don't do to any others, either directly or indirectly,
what you wouldn't want done to you.”

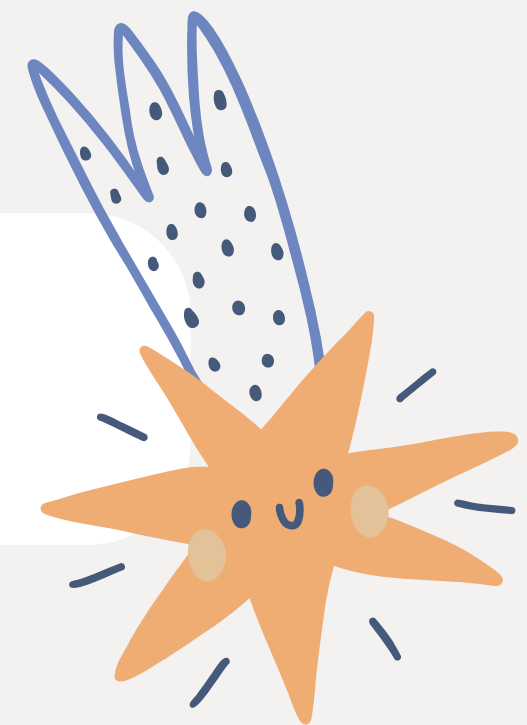




Let's make the world a better place,
one kind act at a time



WHAT IS KINDNESS?



Kindness means being friendly, generous, and caring towards others.

What are some ways we can show kindness to others?





WHY IS KINDNESS IMPORTANT?



Kindness makes others feel
happy and appreciated.
Being kind helps us make
new friends.





Kindness can create a positive atmosphere at school and home.

When we're kind, we inspire others to be kind too!





HOW KINDNESS AFFECTS US

Kindness

doesn't just
help others;

it also helps us!



When we're kind,
our brains
release "happy"
chemicals.

We feel more
positive, calm,
and proud of
ourselves.

Kindness helps
us feel
connected to
others.



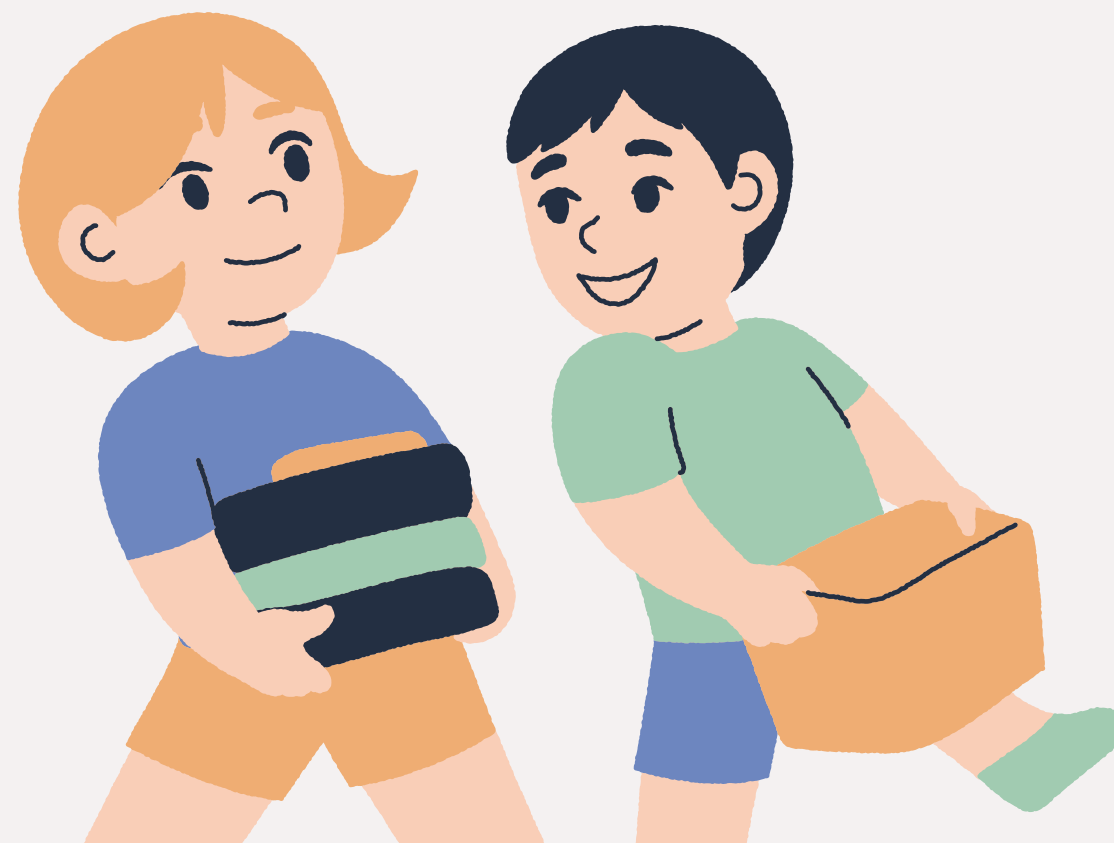
SOME WAYS YOU CAN SHOW
KINDNESS EVERY DAY!



Smile at
someone or
say "Hello."



Share and be
generous.



Offer help if
someone is
struggling
with a task.





ACTS OF KINDNESS AT SCHOOL

Help clean
up the
classroom.

Say "Thank you"
to the staff in
the school.

Compliment
someone's
effort on a
project.

Include
someone
new in your
game.



ACTS OF KINDNESS AT HOME



Kindness isn't just for school!

Clean up without
being asked.

Help a sibling
with homework.

Help with
a family
chore.

Give your family
members hugs
or thank them
for something.





WHY DO KIND ACTS TOGETHER?

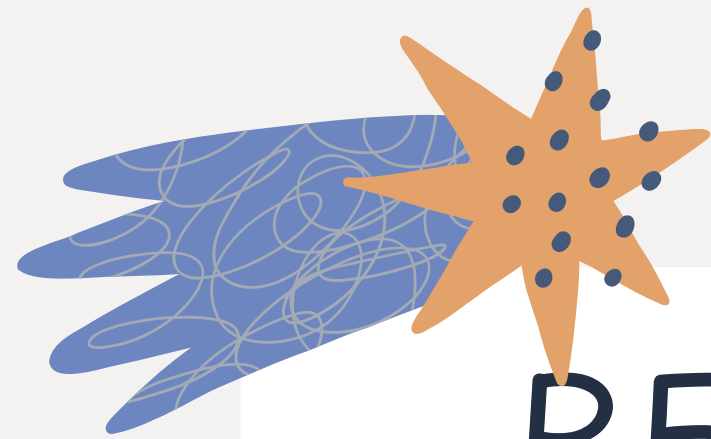


Working together on acts of kindness
spreads even more positivity!



Let's come up with one act of
kindness we can do today!



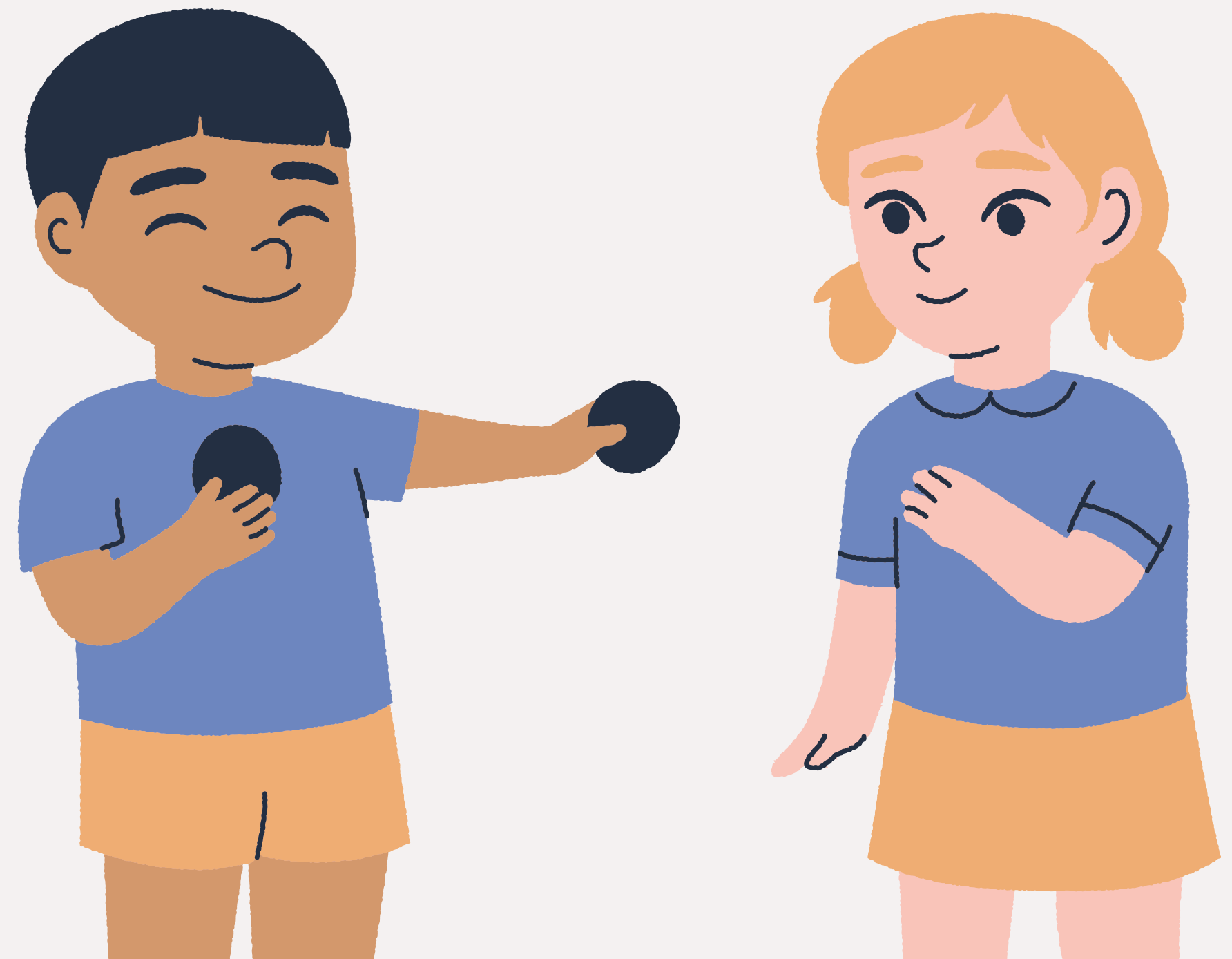


REFLECTION TIME

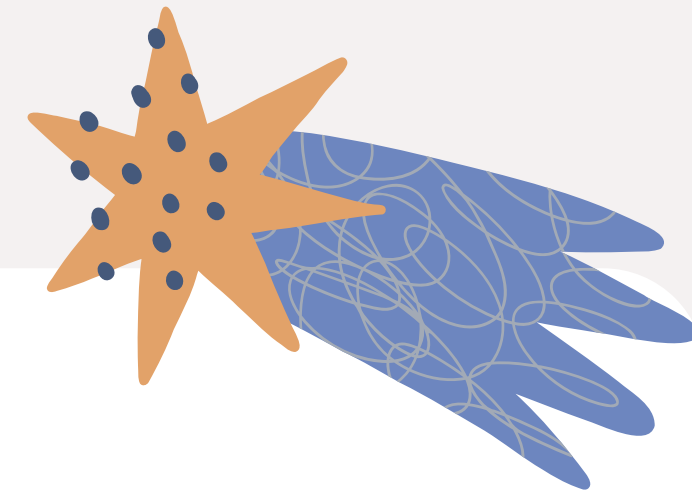
How does it feel when someone is kind to you?

Think about a time when someone was kind to you. How did it make you feel?

Now, think about how someone else might feel if you're kind to them.



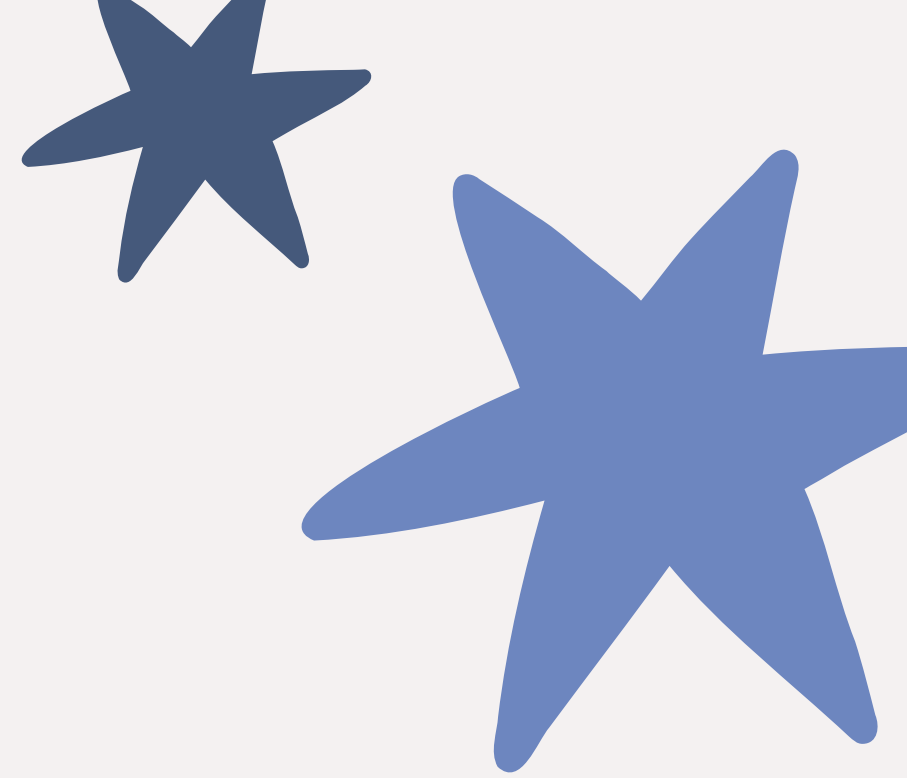
LET'S START A
KINDNESS CHALLENGE!



For the next month,
let's each try to do one
act of kindness every day.

Create a kindness wall
where you can write down the
kind acts throughout the
month.

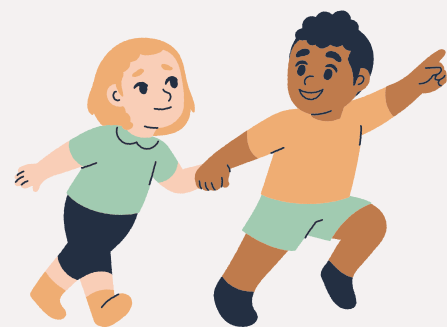




Remember, kindness makes a big difference!
Every small act can brighten someone's day
and make our world a better place.



RESOURCE PAGE





www.goldenruleismcan.org



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