

Monthly Wellbeing

October



Well-being
St. Clair Catholic District School Board



Kindness



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

Kindness is a contagious act that has a positive impact on our brains and on those who witness kind acts. This can occur by just passing smiles while playing at the park, in the grocery store, at the mall or in our sports complexes. Kind actions improve our mood and make us feel more connected to God and other people in our lives.

Kindness Increases Energy

- Research has shown that when people participate in a kind act they feel stronger and more energetic; many also feel calmer

Kindness Increases Happiness

- Helpful and kind actions increase our moods and help us to feel connected to other people in our lives

Kindness Tip

- Consider kindness before you speak...so that others can spread kindness that they have received

Talking and doing activities based on kindness helps students understand that acting on kindness is a choice and the more we practice this choice, the more we can see that kindness can be present in many forms. Being kind to one another and ourselves is a word of the Lord.

What is Kindness:

- ◆ Free
- ◆ Teachable
- ◆ Good
- ◆ Contagious



Kindness Resources:

Kindness Health Facts:

<https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>

Ophea –Healthy Schools, Healthy Communities

<https://www.ophea.net/>

Mind UP

<https://mindup.org>

Kindness Challenge

Find one positive thing in each day that requires you to be kind to the environment, a stranger, family member, friend and yourself. This can include recycling, smiles, hugs, positive comments, taking time to yourself, and much more. Kindness is contagious, and if you continue with this, you will find yourself, your home and your school community a kinder place.

Reminder!

Ask your children about Mind-UP. A program done within our classrooms that encourages kindness practices!



“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” –Ephesians 4:32

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