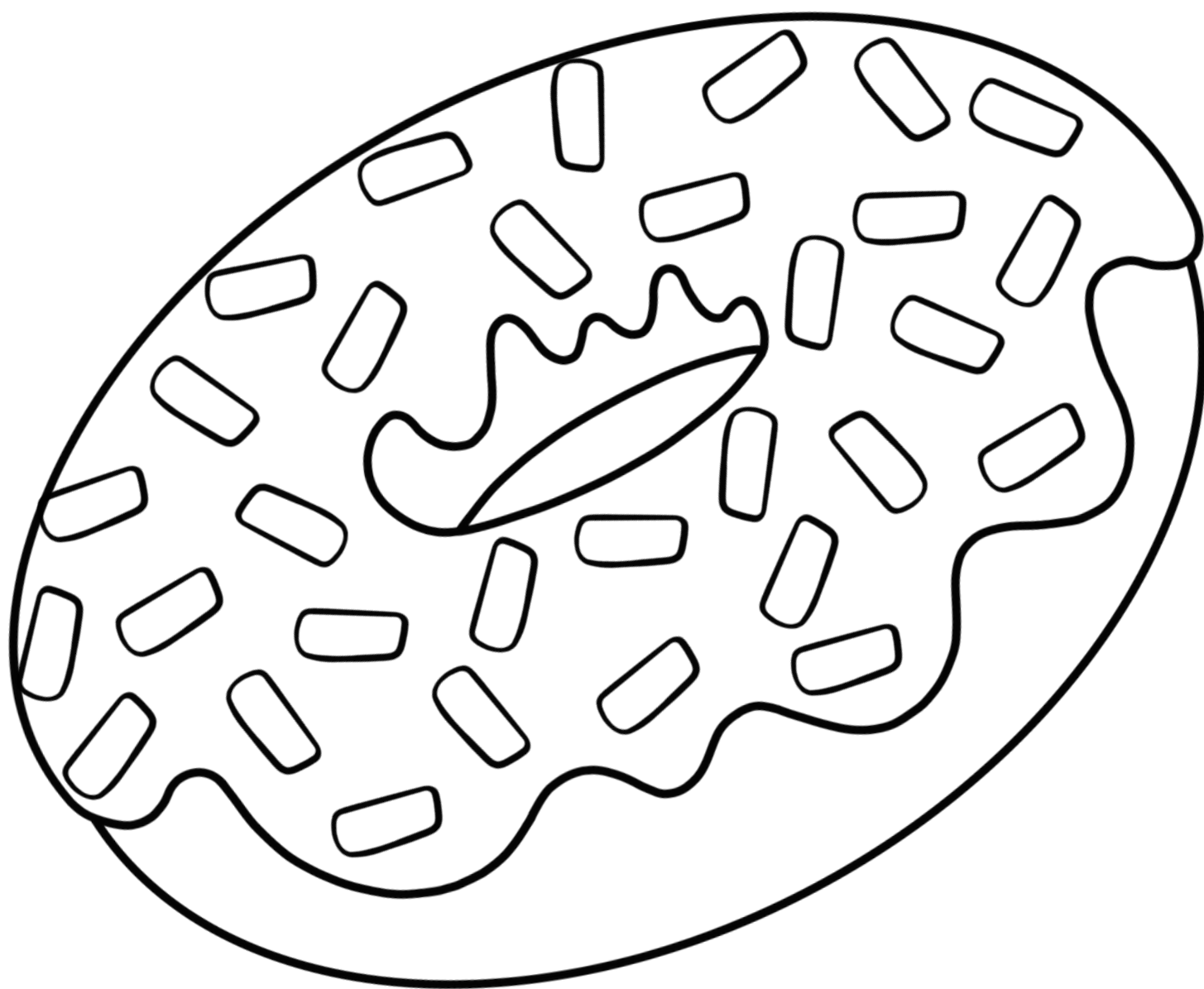


My KINDNESS tracker

Color in the sprinkles as you do kind things for yourself or others.



My KINDNESS tracker

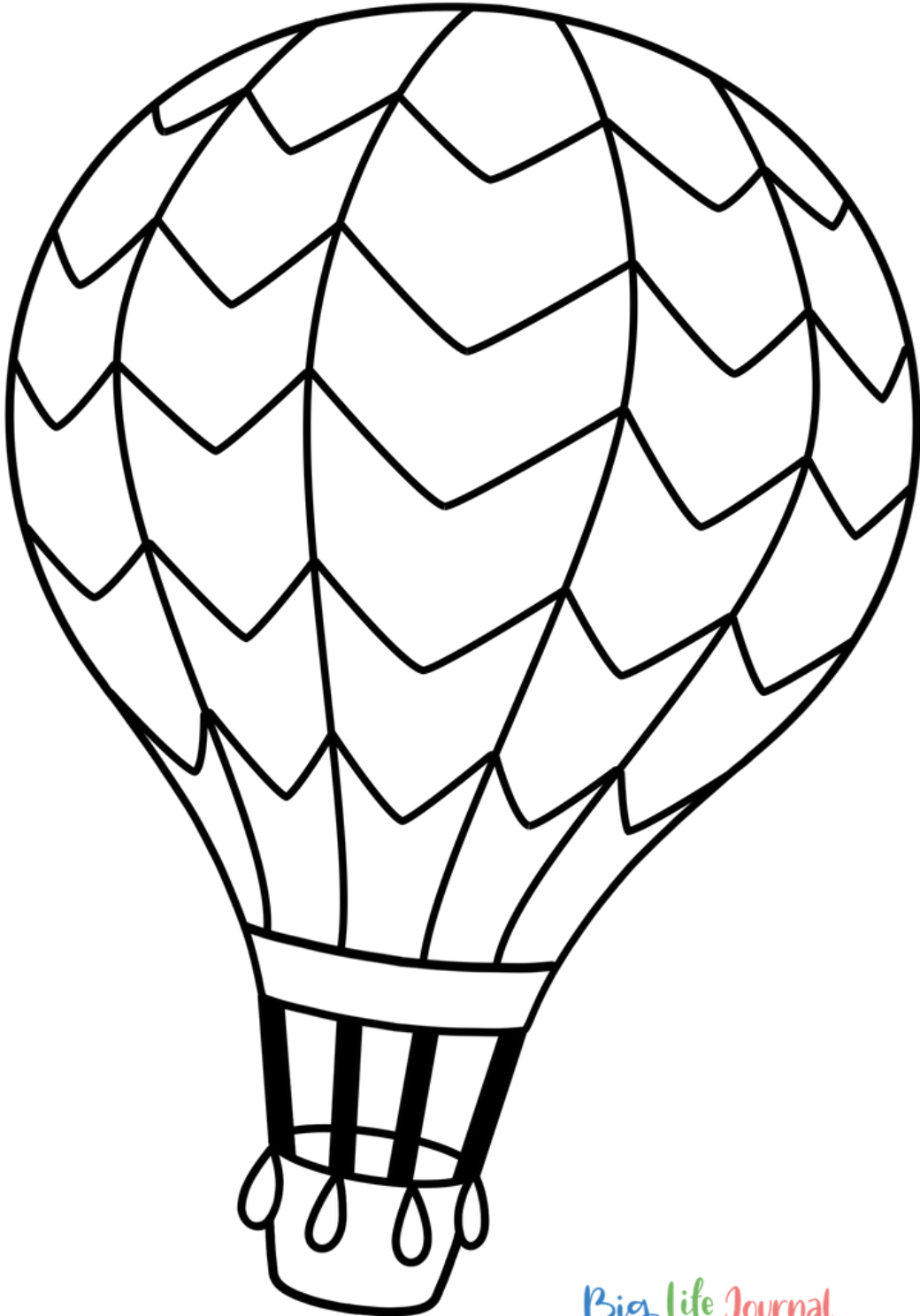
Big Life Journal

Color one of the rays and write down the name of a person you did a kind thing for.



My KINDNESS tracker

In a world where you can be anything, be kind.



Want to **RAISE**

KIND KIDS?

EXPLAIN THE SCIENCE OF KINDNESS

Big Life Journal



● CHILDREN OF ALL AGES

- Explain that the benefits of kindness are experienced by the person who receives the kindness, the person who offers the kindness, and anyone who witnesses the kind act.
- Explain that everyone who feels the benefits of the kind act will be inspired to **"pay it forward"** by being kind themselves.



● YOUNGER CHILDREN

- Say that **kindness makes people** healthier, happier, and more relaxed.
- You can explain kindness as a **superpower** that helps others and changes the world for the better.



● OLDER CHILDREN

- Discuss the chemicals released when we see, experience, or witness acts of kindness:
 - **Serotonin** increases happiness and helps with appetite, sleep, and memory.
 - **Endorphins** trigger positive feelings and are natural painkillers.
 - **Oxytocin** reduces blood pressure and protects the heart. It produces a feeling of love and satisfaction.



● NEXT STEPS

- Once you've explained the benefits, be sure to **model kind words and deeds** yourself.
- **Acknowledge and celebrate** when you notice children being kind.
- Encourage children to practice **random acts of kindness**/have a random acts of kindness challenge.