Kindness is one of the most significant contributors to positive school climate. Being kind makes others happy, makes you feel good¹, and helps prevent bullying.² 3 4 5

Interesting Facts about Kindness

- Kindness is contagious⁶
- The benefits increase as the number of kind acts increases⁷
- Practicing intentional kindness can help reduce stress when under duress⁸

Ways to Show Kindness at School⁹

- Support
- Optimism & Positivity
- Happiness
- Collaboration
- Connection & Empathy
