

Did you know that by raising KIND kids we're also raising HAPPY adults?

We've all felt the power of kindness. Whether you're giving or receiving a kind act, you experience a feeling that's best described as "warm and fuzzy."

Behind that warm, fuzzy feeling is neurochemistry. Kindness stimulates the production of feel-good chemicals like serotonin, oxytocin, and dopamine.

So if you want to raise kind children, educate them about the **science of kindness**. They will begin to realise their kind acts have a significant (almost magic) power -- impacting not only people around them but also themselves directly.

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.

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 practise random acts of kindness/have a 'random acts of kindness' challenge.

Excerpt from article by Ashley Cullins, Big Life Journal.



Nicolson Avenue
LEARNING CLUB

Thursdays

3.20pm – 4.20pm

(start date to be confirmed)

Helping your child with activities to develop their academic skills such as literacy and numeracy after school hours.

Learning Club will be held in the school library.

Registration and Consent forms are available at the Admin Office.

To find out more, contact your school
Or
Kate Dickeson, The Smith Family on
0481900471

Coffee, Cake and Bread!

Parents and Caregivers

Come and join us for coffee and cake as we pack bread to give to the students.

WHERE: Breakfast Club room

WHEN: Tuesday Mornings 9am

Looking forward to seeing you there!



Whyalla Partnership Volunteer Training

Date: Friday 17th May

Time: 9:30am-11:00am

Where: Whyalla Regional Office

[115 Nicolson Avenue, Whyalla Norrie South Australia 5608](#)

To register please contact your Front Office