



# GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program  
is proudly supported by



**EVANS**  
PROPERTIES

0411 700 708  
Living Locally  
Selling Locally



**Be kind  
whenever possible.  
It is always possible.**

—THE 14TH DALAI LAMA

## 15 COMPLIMENTS FOR KIDS THAT HAVE NOTHING TO DO WITH LOOKS

- ♥ Thank you for being you.
- ♥ I love listening to your stories.
- ♥ You're a thoughtful friend.
- ♥ You make me smile.
- ♥ You make others feel welcome.
- ♥ I admire your confidence.
- ♥ Your passion is contagious.
- ♥ Love spending time with you.
- ♥ You lead others without being bossy.
- ♥ You're determined.
- ♥ I love how focused you are.
- ♥ You're a great listener.
- ♥ Your ideas matter.
- ♥ You give great advice.
- ♥ You care for others with such kindness.

### HOW TO COMPLIMENT YOUR CHILD TO BUILD SELF-ESTEEM:

- ♥ Focus on non-appearance related compliments
- ♥ Be sincere (children can tell)
- ♥ Focus on what they can control or their actions
- ♥ Communicate unconditional love (do not add "but")
- ♥ Model saying, "Thank You," when you receive a compliment

COMPLIMENTING YOUR CHILD ON SOMETHING OTHER THAN THEIR LOOKS HELPS BUILD THEIR SELF-ESTEEM AND TEACHES THEM THAT WHO THEY ARE IS WHAT MATTERS MOST.

  
BigLifeJournal.com

Kindness is giving help or doing nice things for others without expecting anything in return.

Research has shown that doing acts of kindness increases the happiness of the giver, receiver and even those who see the act of kindness done to someone else!

Seeking opportunities to be kind to people, animals and the environment can all make us and those around us, happier and kinder in return. This can be something as small as a genuine smile or compliment to someone.

*Kindness  
is free.  
Sprinkle it  
Everywhere!*

# 31 PURPOSEFUL ACTS OF KINDNESS

Big Life Journal

- 1 Call a **relative** to say you are thinking of them and ask about their day.
- 2 Help a **family member** with a household chore.
- 3 Write down three people you are **grateful** for and why, then tell them.
- 4 Give a **compliment** to five different people in one day.
- 5 Tell your **teacher** why they do a great job.
- 6 Create **Kindness Rocks** and place them around your neighborhood.
- 7 Pick flowers or make tissue paper flowers and give them to **someone you love**.
- 8 Help a **neighbor** with an errand.
- 9 Find a funny joke or think of something that makes you laugh, then **share it with three other people** in person, on the phone, or in a video chat.
- 10 **Donate items** to a clothing, canned food, or toy drive (or to another charitable cause of your choice).
- 11 Leave a treat or a **thank you note** for delivery drivers.
- 12 Tell a family member **you love them**.
- 13 Write encouraging **sidewalk chalk messages** for your community to enjoy.
- 14 **Make holiday cards** and mail them to a local nursing home.
- 15 **Share something you care about** with someone you love.
- 16 **Pick up litter** in your neighborhood.
- 17 Leave a nice note **complimenting someone's holiday decorations**.
- 18 Look at yourself in the mirror and **tell yourself three things** you like about YOU.
- 19 Make a point of **smiling at everyone** you see today.
- 20 **Create a piece of art** and share it with someone you love.
- 21 Call your grandparents (or an older relative) and ask them about their **favorite childhood memories**.
- 22 **Plant something**.
- 23 **Brighten your family's day** with a story, song, dance, poem, or other forms of entertainment.
- 24 Tell a friend or family member **why they are special to you**.
- 25 Give someone a **special handmade gift**.
- 26 **Learn something new today**, then share it with a friend or family member.
- 27 **Give a thank you note** to someone who probably doesn't hear "thank you" often enough.
- 28 **Notice five beautiful things**, then tell someone about them.
- 29 **Call a friend** you haven't seen in a while to say hello.
- 30 **Write kindness notes** and leave them in library books or other places where people will find them.
- 31 Make treats or **thank you cards to give** to your local fire or police station.

What our students have to say about kindness...

*"Kindness is where you help someone if they need it. They could be hurt or scared."*

Annamieka – Year 4

*"Kindness is doing something kind without expecting anything back."*

Zara – Year 3

*"Kindness is doing something nice for other people."*

Savannah – Year 3

## Kindness



*I am helpful and empathic and regularly do nice favours for others without expecting anything in return.*

