



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

Kindness

Kindness is being nice to others. It is being generous with others and supporting those in need. It is being compassionate, to really be there for someone, either listening to them or sitting with them and supporting them silently. Kindness involves a deep concern for the welfare of others. You can show kindness by doing favours for people, taking care of them and performing good deeds. Kind people believe that others are worthy of attention. They act kindly not because they want to, not because of a sense of duty, principle or reward.



Kindness



Kindness



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

Be Kind

A story that examines what it means to be kind and all the different ways kindness can look and bring more positivity to the world.

<https://www.youtube.com/watch?v=kAo4-2UzgPo>

Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

The Science of Kindness

Doing kind things for others can actually make us happier!

<https://gumdaless.eq.schooltv.me/content/blog/9-small-steps-will-make-you-happier-starting-now>



Random act of Kindness At Home Challenge

To help your child grow their strength of kindness, you could set a challenge using this Random Acts of Kindness bingo card. Rather than reward your child with something at the end of the task, you could discuss how completing each task made them feel. Focus on feeling good about being kind as the reward, rather than an extrinsic reward.

If these particular acts don't suit, you could help your child make their own bingo card, filling in acts that show kindness to those around them.

Remind them that kindness isn't doing something just to get something back in return.

KINDNESS BINGO

HOME EDITION

RANDOM ACTS OF	Create a gratitude poster.	Use your gratitude poster to record daily gratitude.	Tidy a specific part of your bedroom.	Clean out your wardrobe and donate clothes.
	Talk to your family about what you're doing to be sustainable.	Go for a walk and pick up rubbish on the way.	Ask someone in your family to play an outdoor game.	Start a new book.
	Thank a family member.	Play a board game with a family member.	Plant something new at home.	Walk to your next destination instead of driving.
	Decide on 1 thing you're going to do for the environment.	Make dinner with your parents.	Write an email thanking someone.	Let someone know you're grateful for them.

- Self
- Others
- The World