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Research [*A Guide to Intentional Kindness in the Classroom*](#) has shown that "Encouraging students to reflect upon and perform intentional acts of kindness develops perspective-taking, increased social membership, and a structured way of encouraging kindness within the school context."

- ✓ Kindness based programs in schools reduce the effects of bullying
- ✓ Kindness is a key ingredient for better concentration and improved learning
- ✓ Acts of kindness increase levels of serotonin in the brain which reduces depression
- ✓ Acts of kindness no matter how small create feelings of self-worth and belonging.
- ✓ Acts of kindness increase energy and give a wonderful feeling of optimism.

An illustration for slide 4. On the left, a boy in a blue shirt and dark pants is walking on a green grassy hill. On the right, a small brown dog is running. The background is a light blue sky with white clouds.

YOU make me smile!

A yellow smiling emoji with a rainbow arching over it and several blue and purple stars scattered around it.

It feels good to be kind!

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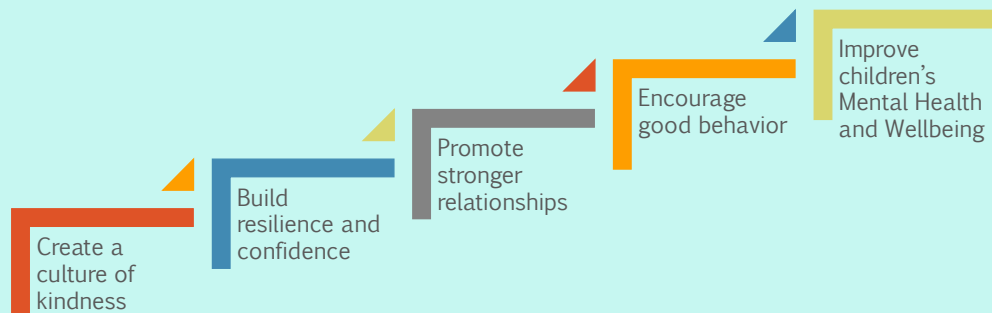
Benefits of Gratitude

- Research on Gratitude [GGSC-JTF White Paper-Gratitude-FINAL.pdf \(berkeley.edu\)](#) on the other also shows that:
 - ✓ Gratitude journaling improves mental health and wellbeing
 - ✓ Increases happiness and lessens depression
 - ✓ Benefits the person even if they don't share their feelings of gratitude with anyone
 - ✓ The benefits of gratitude journaling are evident over time
 - ✓ Increases resilience as it helps to reframe difficult situations



5

Promote Kindness and gratitude in schools and improve children's mental Wellbeing



6

Little Acts Kindness Journal

Children's weekly Journal has interactive pages which encourage children to:

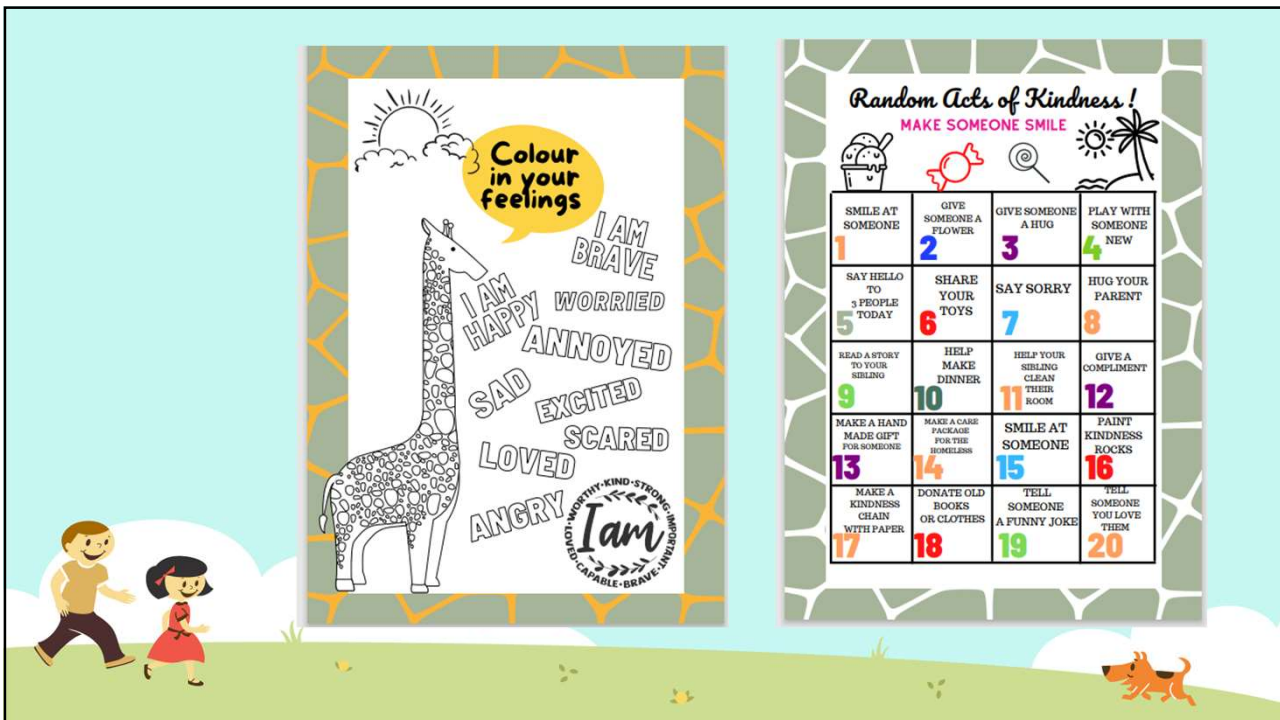
- ✓ Reflect on their own acts of kindness
- ✓ Reflect on acts of kindness they have received
- ✓ Reflect on their feelings of gratitude
- ✓ Reflect on praise and feedback from those around them



7

This is a page from the journal with a giraffe-print background. At the top, it features a quote: "IF YOU HAVE GOOD THOUGHTS THEY WILL SHINE OUT OF YOUR FACE LIKE SUNBEAMS AND YOU WILL ALWAYS LOOK LOVELY." by ROALD DAHL. Below the quote is a line for "Week :". The page is divided into several sections: "THIS WEEK I WAS KIND BECAUSE I..." with a list of four stars (red, orange, blue, purple) and lines for writing; "THIS WEEK I'M GRATEFUL FOR..." with a yellow sticky note pinned to it; "SOMETHING FUN I DID TODAY..."; "YOU ARE YOU FEELING?" with four options: HAPPY (smiley face), SAD (frowny face), ANGRY (angry face), and LOVED (heart with X); and "COMMENTS FROM OTHERS" with several lines for writing. A giraffe illustration is on the right side of the page.

8



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What makes this journal Unique?

- ✓ Not just a reflective journal but a proactive strategy that encourages children to **Act** (do good) and then reflect
- ✓ It is interactive and engaging
- ✓ Emphasis is on doing something kind and appreciating kindness
- ✓ Creates an opportunity for dialogue between home and school
- ✓ It can be used as a positive behaviour modification tool
- ✓ Assessment/measurement tool for Ofsted reporting purposes

10

5 Steps to transformation

- Quick survey of current situation within the school (free downloadable child friendly questionnaire?)
- Introduce weekly journaling of Little Kind Acts (free stickers for completing the journal weekly)
- Present "Thank You" certificates as rewards half termly (free downloadable copies)
- Present other Rewards at assembly Termly (products available to order)
- Complete another survey at the end of the year to measure the impact.



11

More information

- www.littlekindacts.co.uk
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Thank you!
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12