



### **“Kindness...The Original All-Natural Feel Good Drug”**

November 13 is World Kindness Day. World Kindness Day was first celebrated in 1998 with the hope of creating a more compassionate, caring world through simple acts of kindness by individuals and nations around the globe.

We know through scientific research that being kind causes us to have “good” feelings and this happens because hormones/chemicals called endorphins are produced that activate areas of the brain that are associated with pleasure, social connection and trust.

In addition to feeling good, research shows that kindness enhances our ability to develop meaningful connections with others. Studies show that kind, happy kids have better peer acceptance because they are well-liked.

Furthermore, research suggests that people experience a “helpers high” when they do something good for another person. They have a rush of endorphins that creates a lasting sense of pride, well-being and an enriched sense of belonging. Even small acts of kindness are reported to increase a sense of well-being and self-worth.

When kids are engaged in projects that help others, especially those less fortunate than themselves, it gives them a more “worldly” perspective and view that many times allows them to appreciate the good things in their own lives that they may have taken for granted.

Participating in acts of kindness not only activates endorphins, it also increases serotonin levels in the body. Another “feel good” reaction through neurotransmitters that the body produces. Serotonin plays an important part in learning, memory, mood, sleep, digestion and our overall health. All of these things help produce better results at school for kids academically as well as socially.

School Community Intervention and Prevention

November 2018

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Teaching kindness and compassion in schools, by integrating kindness-based programs, not only fosters the positive behavior that creates warm, inviting and inclusive school environments, it also has shown to significantly reduce bullying within the schools. Encouraging youth to rethink bullying and promote a kinder school environment not only helps them when they are in school, but as they become adults as well.

It's also widely documented that being kind can trigger a release of the hormone oxytocin which has a number of health benefits, as it can substantially raise a person's level of happiness and reduces stress. And just recently, oxytocin has been found to play a role in the cardiovascular system, helping protect the heart by lowering blood pressure.

Remember, World Kindness Day is fast approaching so start brainstorming with kids on a list of random acts of kindness that you and they can do to and for others. Be kind-it truly does do a world of good!

Check out The Great Kindness Challenge toolkit for activity ideas:

[https://thegreatkindnesschallenge.com/wp-content/uploads/2017/12/The-Great-Kindness-Challenge-2018-Toolkit\\_1221\\_RS.pdf](https://thegreatkindnesschallenge.com/wp-content/uploads/2017/12/The-Great-Kindness-Challenge-2018-Toolkit_1221_RS.pdf)

Want even more ideas?

<https://www.randomactsofkindness.org/>



Resources:

<https://www.teachthought.com> › Index › Teaching

<https://www.naturalbeachliving.com/acts-of-kindness/>

<https://www.mentalhealth.org.uk/publications/doing-good-does-you-good>

<https://www.awarenessdays.com/awareness-days-calendar/world-kindness-day-2018/>