

# KINDNESS...PASS IT ON!

Sometimes it feels like we could all be a little kinder. According to Psychology Today, kindness is “a behavioral response of compassion and actions that are selfless; or a mindset that places compassion for others before one’s own interests. In performing the selfless act, a person may undercut their own selfish interests.”

Remember that old cliché, “it is better to give than receive”? Turns out, it is more than just a mythical saying as there is plenty of research that supports this proverbial claim.

Research shows that being kind to others can help reduce stress, improve emotional well-being and even improve physical health.

More specifically, scientific research shows that participating in acts of kindness can increase the kind actors:

- Serotonin levels (a key hormone that stabilizes our mood, feelings of well-being)
- Oxytocin levels (a key hormone that has the power to regulate our emotional responses and pro-social behaviors, including trust, empathy)
- Dopamine levels (a key hormone that causes us to feel happy)
- Lifespan

Research has also shown that participating in acts of kindness can decrease:

- Stress
- Pain
- Anxiety
- Depression
- Blood Pressure

Yet, more importantly, we know that when someone is unkind to another person, it can have very harmful and lasting effects. Many adults can recall in detail, as a kid, when another kid or adult was cruel and/or unkind to them and at times re-experience how it made them feel.

We also know kids who do not have a reliable support system in place are at a higher risk for self-destructive behaviors such as substance abuse/use, eating disorders and even suicide. Suicide rates have increased among teens and even pre-teens over the last decade.

Now, more than ever, acts of kindness can help. Knowing all of this, it seems as though we should make more of an effort to actively and intentionally teach kids how to be kind.

Modeling kindness is truly the best way to teach kindness and all you have to do is simply be kind to others. We can take it a step further by actively helping kids come up with different ways/ideas of being kind and putting those ideas into action.

Kids can often times can think of ways to be kind to others beyond saying please and thank you, but sometimes are unsure how to put their ideas into action. For instance, many kids are able to recognize and verbalize that someone they know is in need of food and/or clothing and are able to express concern and compassion about the person in need but they may not be able to know how to turn their concern and compassion into action. Encourage kids/students to come up with ideas on how they can be kind through compassion by discussing needs in your school and/or neighborhood and then brainstorm possible ways to meet those needs.

## BE KIND CAMPAIGN

Want to go a step further and put your brainstorming ideas into action? SCIP is kicking off a “BE KIND” Campaign, starting April 12 thru April 23, 2021. We invite any and all schools, teachers, administrators, parents and community members to join our “BE KIND” Campaign. We encourage you to post pictures and/or commentary of and about kids/students being kind to others. Whether that be through simple everyday acts of kindness, such as holding the door open for someone, or more complex acts such as a class raising money or collecting donated items for those in need, we want you to share your stories with others.

Click below to connect to the SCIP Facebook event page to learn more about our “Be Kind” Campaign Event.

[Right click here](#)

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[healthyhumanlife.com](http://healthyhumanlife.com)

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