



The Abbey

KINDNESS



How do we create kindness?



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Kindness is contagious and something that benefits us all. Here are several ways you can show kindness every day.

Focus on others

Kindness puts others at the centre. It is not focused on how it will benefit us or how many likes we can get on social media. True kindness, above all, comes from a place of compassion, understanding, and goodwill.

Offer a helping hand

Asking for help is one of the most difficult things to do. We often run from it, seeing it as a weakness and using it as a last resort. There are several easy ways to help others:

- Paying for the person's order who is in line behind you
- Helping a co-worker with a project
- Sending a motivational text to a friend or family member
- Holding the door open for a stranger
- Donating your time to a local nursing home, homeless shelter, or other local organisation

Be there to listen

Being a good listener is undervalued. A lot of the time, we listen only to respond. Being there to listen intently to a friend or family member can relieve stress, pressure, and anxiety. Remember that being a good listener requires you to give your full attention.

Stay connected

There is no excuse for not checking in and connecting with family and friends when we have access to immediate communication. A simple check-in text or call lets others know you are thinking of them. When available, connecting face to face offers something a text or phone call.

Smile at others

What happens when someone passes you and smiles? We are triggered to smile back. Smiling is contagious and has a positive effect on our mental health. It makes us feel better.

Say "Thank You" and "I'm Sorry"

A genuine "Thank You" and "I'm Sorry" carries a lot of meaning. Gratitude and apologies show that we are accountable for our actions and respect the other person involved.

Jocelyn, Lower III (Year 6)

Kindness can exist in many things. If you help others, you will feel happy. If you treat yourself, you will find that you will be kinder to others around you.

Being kind to yourself is also very important: for example, good sleep, good food, and having fun are all very essential for good well-being and being kind.

We can create kindness by helping others, doing kind things, and just lending a hand. Kindness can be

created, but it can also just be by smiling at someone and creating it from the inside. There is no limit to the amount of kindness you have, or make.

Michelle, Lower III (Year 6)

Can we create kindness?

We can't literally create kindness, but we can just be kinder to others, and they in turn will be kind as well.

Does it just exist?

Kindness does exist, but it isn't an actual object that you can hold in the palm of your hand, it is a thing that you can't really define, but you know it when you see.

Is there a set amount per person?

The answer is no, there is not a set amount per person, you can be as kind as you want to be and there is no limit of how kind you can be towards others, it is your choice on how you can treat others.

How can we make more of it?

You can't exactly 'make' more kindness, but you can be nicer to others and in turn they, hopefully, will be nice to you!

Lucia, Lower III (Year 6)



We can create kindness by simply smiling, waving, hugging or even sharing anything and saying thank you. Kindness doesn't just exist we personally have to do something like smiling or waving and act, to be kind so kindness does not just sit there. Is there a set amount? Definitely not! Anyone can be kind, you just have to do it. Children, teenagers and adults can be kind - billions of people can be kind!

Emily, Lower III (Year 6)

There are many different ways to be kind towards another person. You could smile at them, give them a helping hand, use your manners, compliment them, stay connected with them, and many more. Kindness has no limit and you can be kind to whomever you want. You should always treat others how you want to be treated. We can make more of it by passing a smile or a hug onto another person. If you are kind to someone, it increases your happiness and self-confidence.

Isabella, Lower III (Year 6)

Kindness is something you create by doing something to make someone else smile or make them feel happy about something or cheer them up after a hard day. Happiness can be in doing something you love or just simply being with loved ones. Being kind to someone, seeing them smile, might make you happy and they might want to be kind as well.

Anneliese, Lower III (Year 6)

make
people
feel
loved
today



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