



The Abbey

KINDNESS

Playing as a team - why kindness matters



Playing as a team - why kindness matters





Kindness brings people together and builds stronger teams capable of overcoming challenges/obstacles faster and easier. Promoting kindness at work and at school builds trust and strong bonds amongst friends and colleagues. Being a team with someone allows you to do double the amount of work as well as making new friends. Working as a team makes you happy as it reduces stress and anxiety. You could play as a team by helping somebody do something, giving positive feedback when they are doing/working on something, and listening to their ideas and incorporating them into your project. It is very important to work as a team, because there are some things you can't do on your own and need some extra help to complete.

Isabella, Lower III (Year 6)

Playing as a team is very important because then you have your team with you, your friends, your buddies and you get to have them working with you. They will support you no matter what and they will be there when you fall down and it helps you play well which helps you win because you know there is someone who has got your back.

Anneliese, Lower III (Year 6)

Kind people are often likeable to others, which can provide opportunities to develop meaningful relationships and love.

As our kindness positively affects others, we feel more compassionate, confident, useful, and in control.

When we see someone being kind or generous, it gives us a warm glow or feeling inside.

Kindness has been proven to increase our happiness, reduce stress and improve emotional wellbeing.

Acts of kindness can make the world a happier place for everyone.

It shows other people that you care about them and takes away some of the pain and suffering that they may be feeling.

Showing kindness to others makes a massive difference. Whatever the size of the act, it can change someone's mood and brighten up their day.

Jocelyn, Lower III (Year 6)



A team. What does this word mean to you? If you had to define it, what would you say? To me this is how I want the world to be: unified. Kindness plays a really important role in this.

For example, the war in Ukraine, Ukraine will not surrender but will do anything to return peace to their country so this depends on Russia's decision whether they choose to continue the battle or bring unity.

We are extremely lucky to be at a school which promotes togetherness through sport, art, music and maybe even maths! In Netball you're encouraged to pass to other people in your team and choose the best option to lead your team to happiness. Well, in a metaphorical sense. This is only one of the few examples of unity in our marvellous school.

How is happiness triggered when you're cooperating with your friends? What do you think? A scientific study shows that being around friends can just enhance happiness in general and can help you celebrate the good times and be there for you when you need a bit of support. This may be someone who you can talk to about any problems freely or just someone who you feel happy around. In sport being on the podium is not what it's all about, the joy of taking part is even better! To be together and have the right motivation are the key to happiness.

Sree, Lower III (Year 6)

Kindness matters because there is an old saying that says: 'Treat others the way that you want to be treated', and that means if you want people to be nice to you, you must be nice to them. If everyone was to be horrible to each other, then everyone would be sad, angry and miserable all the time. If everyone was sad and angry all the time then the world would not be an enjoyable place, at all.

Lucia, Lower III (Year 6)



The Abbey



www.theabbey.co.uk

