

EMPATHY & KINDNESS

Empathy

Empathy is putting ourselves in the shoes of others, to feel and see what they do. We practise this through being kind and compassionate towards other people.



DID YOU KNOW?

Every time you do something kind for someone else your brain releases the hormone, oxytocin. Oxytocin leads to increased:

SELF-ESTEEM/CONFIDENCE

ENERGY

POSITIVITY

HAPPINESS






RANDOM ACTS OF KINDNESS

Scan the QR code or click on the link to watch this YouTube clip and see how random acts of kindness can go a long way.



As a family, challenge yourselves to work through the kindness bingo below and do a random act of kindness for someone else. Talk about who you will do the act of kindness for and work together to organise this. Discuss how it made you all feel and how you think it made others feel.

 <p>Design a 'Thank You' card for someone special, thanking them for everything they do.</p>	<p>Invite some friends over for afternoon tea.</p>	 <p>Pick some flowers and deliver them to someone you think might need them.</p>
<p>Write anonymous kindness notes and put them in your neighbours' letter boxes.</p>	 <p>Smile at a neighbour and ask how their day is going.</p>	<p>Volunteer at a local organisation.</p>
 <p>Offer to do a chore for a friend, family member or neighbour.</p>	<p>Bring your neighbours' bins in.</p>	 <p>Bake some goodies for some friends or neighbours.</p>

MORE FAMILY ACTIVITY IDEAS...

KIDS

As a family, create your own kindness bingo. Include acts of kindness that you can do for others.

Click on the image below or scan the QR code for a template you could use.



TEENS

A great way to show empathy is to give back to the community. This can be done through donations, volunteering or understanding and gaining awareness. As a family discuss a community organisation you would like to give back to. Make an action plan together.

Click on the image or scan the QR code for an action plan template you could use.

