Kindness is one of the most significant contributors to positive school climate. Being kind makes others happy, makes you feel good, and helps prevent bullying. Kindness is contagious. The benefits increase as the number of kind acts increases. Practicing intentional kindness can help reduce stress when under duress.

Interesting Facts about Kindness

- Kindness is contagious
- The benefits increase as the number of kind acts increases
- Practicing intentional kindness can help reduce stress when under duress

Ways to Show Kindness at School

- Support
- Optimism & Positivity
- Happiness
- Collaboration
- Connection & Empathy

Learn More about bullying and its prevention at www.StopBullying.gov

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