

# THE POWER OF KINDNESS

## Counseling Newsletter



### WHY TEACHING KINDNESS MATTERS

Teaching kindness fosters empathy, strengthens relationships, and creates a positive school culture. Studies show that acts of kindness increase serotonin levels, improving mood and reducing stress for both the giver and receiver. Encouraging kindness in students promotes inclusivity, reduces bullying, and nurtures a supportive learning environment. Research also indicates that students who engage in kind behaviors experience increased academic motivation, better peer relationships, and a greater sense of belonging.



### BOOKS

#### Have You Filled a Bucket Today? by Carol McCloud

A simple and engaging book that teaches children the impact of their words and actions on others.

#### Buckets, Dippers, and Lids by Carol McCloud

This book teaches children how their words and actions can either fill or empty someone's emotional bucket, emphasizing the importance of kindness and emotional resilience

#### Be Kind

by Pat Zietlow Miller -

A book that explores different ways to show kindness in everyday life, providing relatable scenarios and easy-to-understand lessons for young readers.



### WAYS TO PROMOTE KINDESS AT HOME

- Model kind behavior by treating others with respect and empathy.
- Encourage children to express gratitude by writing thank-you notes or verbally acknowledging acts of kindness.
- Set family kindness goals, such as performing one good deed per day and sharing experiences during mealtimes.
- Read books or watch movies with kindness themes and discuss the lessons learned.

### SECONDARY BOOKS

#### Each Kindness by Jacqueline Woodson

A touching story about missed opportunities to be kind and the lasting impact of our choices.

#### The Kindness Diaries by Leon Logothetis -

A true story of kindness, human connection, and travel that inspires readers to be more compassionate in their daily lives.



### KINDNESS VIDEO



### RANDOM ACTS OF KINDNESS

Check out the counseling bulletin board for the daily RAK challenge!

### . KINDNESS LESSONS

CHECK OUT THIS  
SITE FOR GREAT  
LESSON IDEAS AND  
KINDNESS ACTS!



**make  
kindness  
the norm.**  
randomactsofkindness.org