

Social-Emotional Support Newsletter



Springing into Kindness

“ ***We rise by lifting others*** -Robert Ingersoll ”

Acts of Kindness/Service

In April the Columbine area celebrates Day Without Hate as well as the Columbine Day of Service. Many many local organizations, including our local elementary schools, benefit from the service that Columbine students provide each year. There are so many ways all students can also help others. Did you know there are scientifically proven benefits of being kind and providing service to others?

Kindness increases:

- The love hormone
- Energy
- Lifespan
- Pleasure
- Serotonin

Kindness decreases:

- Pain
- Stress
- Anxiety
- Depression
- Blood Pressure

For more information about why giving is great, read this Help Others, Help Yourself article by TIME

Contact

Jeni Wells, SELS
Jenifer.Wells@jeffco.k12.co.us

Ideas for service

Nonprofit organization Random Acts of Kindness has many different kindness ideas. How many can you complete?

Match with volunteer opportunities near you using this website.

Jeffco Public Schools recognizes the strengths in the communities that influence student learning and uses these strengths to support schools, students and families through community partnerships

Videos & Resources

The Science of Kindness Video by RAK

Kid President's 20 Things We Should Say More Often

See how this book illustrates how to Color Your World with Kindness

Learn about How Good Spreads, with Kid President

Watch some inspiration for kindness with this video

Kindness to Self

Remember: taking care of your own mental health, especially in uncertain times, also counts as kindness!