



SPREAD KINDNESS TIP SHEET FOR PARENTS

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When children stand up to bullying they are practicing kindness and empathy toward those being bullied. Encouraging children to be kind to others can help promote positive relationships, reduce risks of bullying, and make children feel safe in school. By teaching kindness you can help children stand up to bullying.

WHAT IS KINDNESS?

- A way of thinking and behaving that promotes compassion for others above one's own needs or interests.
- Showing emotional or physical support to help others in need.
- Ways of showing kindness can include helping your child even if you are in a rush, thanking people who help you (e.g., family members and teachers), and including other children in play or activities.
- Children understand kindness in terms of helping, respecting, and encouraging.
- Kindness can include random acts of kindness, intentional acts of kindness, or quiet acts of kindness.

HOW CAN WE TEACH CHILDREN TO BE KIND AND SPREAD KINDNESS?

- Take the time to teach children what kindness looks and sounds like and why it is important.
- Teach positive words that children can use to show kindness and respect to others, such as saying "can I help you," "please," and "thank you".
- Teach children to remain calm when they feel angry and encourage them to be kind instead of being mean or using aggression.
- Teach children to treat others with respect, even if they do not get along.
- Lead by example and show kindness to children and other adults.
- Encourage children to engage in acts of kindness by reciprocating with a positive response when they do.

WHEN ARE CHILDREN MORE LIKELY TO BE KIND?

- Children who often receive kindness are more likely to be kind to others.
- When children are calm and not rushed or stressed.
- Children who understand what kindness is have an easier time being kind to others.
- When children understand the impact their actions or behaviours can have on others.
- Children who understand empathy and respect are more likely to show kindness.
- Children are more likely to continue to engage in kind acts when their actions are received positively by trusted adults.

WHAT ARE THE BENEFITS OF TEACHING KINDNESS?

- Being surrounded by acts of kindness in an environment that values compassion can help children experience less stress and fewer negative emotions such as anger, anxiety, and sadness.
- Children who practice kindness may experience improved well-being and more positive peer relationships.
- Children who practice kindness can better manage and resolve conflicts with others.
- Children who practice kindness can communicate and get along better with family members.
- Children who are kind to others may show fewer health office visits and increased school attendance.
- A kind atmosphere can help children feel safe to try new things without fear of failing.
- Kindness can increase confidence among the giver and the receiver.