

**WELLBEING - KINDNESS**

Kindness is an important part of leading a happy life- it means being generous, friendly and caring to others and yourself. We have a BIG effect on the people around us- we can make this effect a positive effect.

Kindness feels good and is healthy for the body- all the small things we do every day can actually change how we are feeling.

It’s good for the person who receives the kindness but also the person who is being kind. Kindness feels good- the body releases chemicals called oxytocin and serotonin. These effect how happy we feel.

Can you complete a daily act of kindness? Here are a few ideas to get you started: