

# KINDNESS WORKS!



Kindness is one of the most significant contributors to **positive school climate**. Being kind makes others happy, makes you feel good<sup>1</sup>, and helps **prevent bullying**.<sup>2, 3, 4, 5</sup>



## Interesting Facts about Kindness

- Kindness is contagious<sup>6</sup>
- The benefits increase as the number of kind acts increases<sup>7</sup>
- Practicing intentional kindness can help reduce stress when under duress<sup>8</sup>



## Ways to Show Kindness at School<sup>9</sup>

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



<sup>1</sup>Curry, O. S., Rowland, L. A., Van Lissa, C., Zlotowitz, S., McAlaney, J., & Whitehouse, H. "Happy to Help? A systematic review and meta-analysis of the effects of performing acts of kindness on the well-being of the actor," *Journal of Experimental Social Psychology*, (2018).  
<sup>2</sup>Ross, S. W. & Horner, R. H. "Bully Prevention in Positive Behavior Support," *Sage Journals*, (2013).  
<sup>3</sup>Random Acts of Kindness Foundation, "Did You Know? There are Scientifically Proven Benefits of Being Kind!" (2018).  
<sup>4</sup>Layous, K., Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. "Kindness counts: Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being," *PLOS One*, (2012).  
<sup>5</sup>Buchanan, K. E., & Bardi, A. "Acts of kindness and acts of novelty affect life satisfaction," *Journal of Social Psychology*, (2010).  
<sup>6</sup>Hamilton, D. R. "The 5 Side Effects of Kindness," [www.drdauidhamilton.com](http://www.drdauidhamilton.com), (2011).  
<sup>7</sup>[www.Kindness.org](http://www.Kindness.org), "Oxford University Studies Find Performing Acts of Kindness Boosts Wellbeing and Positive Social Emotions," (2017).  
<sup>8</sup>Gardner, C. S. "Ansell: Helping others dampens the effects of everyday stress," *Yale School of Medicine – Psychiatry*, (2015).  
<sup>9</sup>Winkler, J. L., Walsh, M. E., de Blois, M., Maré, & Carvajal, S. C. "Kind discipline: Developing a conceptual model of a promising school discipline approach," *Evaluation and Program Planning*, (2017).

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