





Headstrong

Week 3

Kindness

**Kindness is more important  
than wisdom, and the  
recognition of this is the  
beginning of wisdom.**

*~Theodore Isaac Rubin*



# Health Benefits of Being Kind

INCREASED SELF WORTH



HAPPIER OUTLOOK



INCREASED ENERGY



DECREASED LONELINESS



REDUCED STRESS



HEALTHIER IMMUNITY



## DID YOU KNOW? AN ACT OF KINDNESS CAN:

- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE KINDNESS!



Kindness  
— is my —  
Superpower

# HEALTHY SCHOOLS CHALLENGE:

## Can you be caught being kind?

There are 2 parts to our challenge this week.

1. As a form, think about different ways you might be kind to someone else this week. If you talk it through together it might give everyone else ideas that they could try too.
2. Can you be caught being kind this week? What are you going to try to do for someone else?
3. Shout-outs next week will be sharing ways in which people have been kind this week, so email Mrs Cole at [laura.cole@hgs.herts.sch.uk](mailto:laura.cole@hgs.herts.sch.uk) and I will share as many as these as I can next week!



Get  
Caught  
Being Kind



SHOUT

BRILLIANT!

YOU ARE AMAZING!

OUT