




LITTLE LESSON 3: THE SCIENCE OF KINDNESS

We know kindness can help others,
but did you know it can also help you?

When you're kind to someone, your brain makes all sorts of wonderful chemicals that help our minds and our bodies. Here are just 3 of the amazing effects kindness has on our health:

-  **Helps us feel happier.** When we're kind it releases feel-good chemicals in our brains, giving us a natural high and helping us to feel calm and happy. It's a natural way to lift our mood.
-  **Gives us healthier hearts.** When we're kind, our body also makes the hormone 'oxytocin' which helps to expand our blood vessels, lower our blood pressure and protect our hearts.
-  **Slows ageing.** The hormone oxytocin also helps to reduce the level of something called 'free radicals' in our body, which helps to slow the ageing process and also protects our hearts.

ACTIVITIES

1. **Watch the Helper's High video.**
 - a) Draw your own picture of a body. Label the different parts of the body that kindness can help.
 - b) Make a list of 3 things you can do today to be kind to someone. Perhaps you could write a letter to thank the doctors and nurses who are helping to keep us safe and healthy...do something to help a family member...or maybe play a game that your brother or sister wants to play? Anything at all you can think of to help someone else.
 - c) Do your kind things AND when you are doing them, really pay attention to how you feel inside. Do you feel happier? Or calmer? How long does that feeling last?