

LITTLE LESSON 4: KINDNESS IS CONTAGIOUS

Did you know kindness is just like a cold?
You can catch it and pass it on.

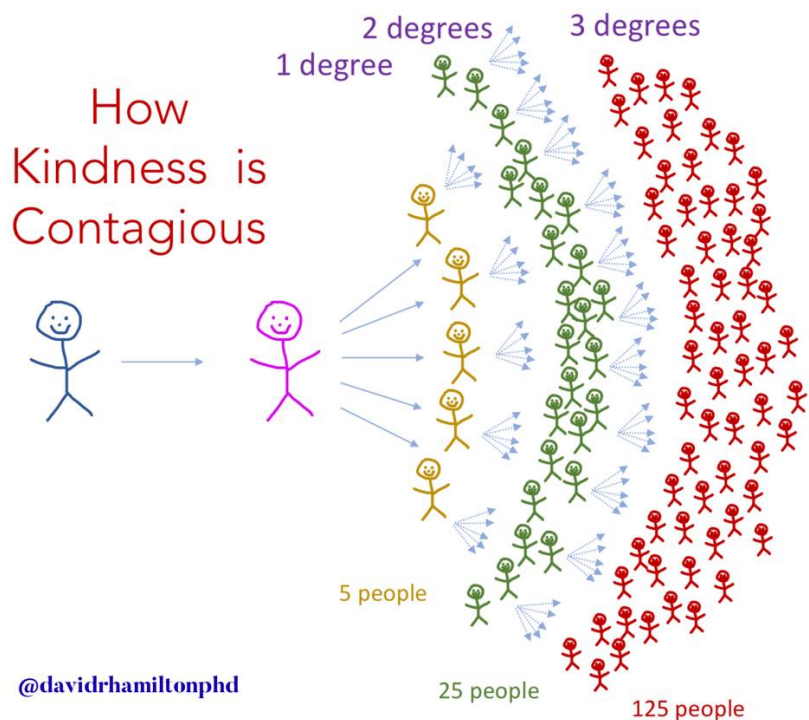
You might think you're just one small person, but you have the POWER to change the world. How? Because what you do is CONTAGIOUS!

Here's a real-life scientist, Dr David Hamilton to explain...

"Kindness has been shown to infect people who are 3 social steps away from you. And when I say 'infect', I mean causing others to feel good and inspiring kind behaviour in them.

When you are kind to someone, on average that person will be kind or kinder to **5 people** over the rest of the day

due to how you made them feel through your kindness. Those 5 are at 1 social step from you. But each of those 5 will be kind or kinder to 5 further people. That's **25 people** at 2 social steps from you. But each of those 25 will be kind or kinder to 5 further people. That's **125 people** at 3 social steps from you benefiting from the single kindness you did. So that's **125 people** from one act of kindness."



Do you know what this means? It means YOUR ACTIONS MATTER and that YOU have the power to change the world with your kindness.

ACTIVITIES

1. The Ripple Effect

- a) Fill a fairly large bowl with water. Tell your child that you are going to drop a pebble into water and ask them what they think they will see. Watch as ripples spread out when you drop the pebble. You can also ask your child to dip their finger in the water as this will create ripples too.
- b) In the bowl, the ripples spread to the edge of the bowl. But what would happen if the bowl was bigger? Ask your child if they've ever thrown a pebble into a lake? Discuss how in a lake, the ripples can spread out further than you can see.
- c) Explain that kindness spreads in the same way as the ripples. This is because when you are kind to someone it makes them want to be kind to someone else. This is called 'the ripple effect'. It's because of that ripple effect, that one act of kindness can spread really far!

2. Kind Cartoon Strip

- a) Download and print the cartoon strip template (if you don't have a printer you can just use blank paper).
- b) Tell your children that they are going to create a cartoon strip to show a chain reaction of kindness.
- c) Give some examples / ideas to start them off. Eg. In the first box, Sam drops his shopping so Frida picks it up. In the next box, Sam is happy so smiles at Sarah, the cashier in the shop. Then Sarah is cheered up so compliments the next customer, Jody etc.
- d) Prompt them to think about where they going to set their cartoon? In the classroom or perhaps the playground? What things could the characters do to be kind?
- e) Give them the template and set them to work!