

<b>Kindness challenge</b>	Helping others is not only good for them and a good thing to do, it also makes us happier and healthier too. Giving also connects us to others so if you want to feel good, do good!	Set a challenge to encourage the class to: <ul data-bbox="1081 236 2152 528" style="list-style-type: none"><li>• Show appreciation to those who are helping them – eg parents, friends, teachers, TAs etc</li><li>• Say positive things in their conversations with others today</li><li>• Do three things to bring joy to other people today</li><li>• Thank a friend for the joy they bring</li><li>• Help someone re-frame a worry and find a positive way to respond</li><li>• Think about their strengths and focus on using them today</li><li>• Look for the good in those around you</li></ul>
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