EMPATHY & KINDNESS

Empathy

Empathy is **putting ourselves in the shoes of others**, to feel and see what they do. We practise this through **being kind and compassionate** towards other people.

DID YOU KNOW?

Every time you do **something kind for someone** else your brain releases the hormone, **oxytocin**. Oxytocin leads to increased:

- SELF-ESTEEM/CONFIDENCE
- ENERGY
- POSITIVITY
- HAPPINESS

RANDOM ACTS OF KINDNESS

Scan the QR code or click on the link to watch this **YouTube clip** and see how **random acts of kindness can go a long way**.

As a family, **challenge yourselves** to work through the kindness bingo below and **do a random act of kindness for someone else**. Talk about who you will do the act of kindness for and work together to organise this. Discuss **how it made you all feel** and how you think it **made others feel**.

Design a **'Thank You' card for someone special**, thanking them for everything they do.	**Invite some friends over** for afternoon tea.	**Pick some flowers** and deliver them to someone you think might need them.
Write anonymous kindness notes and put them in your neighbours' letter boxes.	Smile at a neighbour and **ask how their day is going**.	**Volunteer** at a local organisation.
Offer to do a chore for a friend, family member or neighbour.	Bring your neighbours' **bins in**.	**Bake some goodies** for some friends or neighbours.

MORE FAMILY ACTIVITY IDEAS...

KIDS

As a family, **create your own kindness bingo.** Include acts of kindness that you can do for others.

Click on the image below or scan the QR code for a **template you could use**.

TEENS

A great way to **show empathy** is to **give back to the community**. This can be done through donations, volunteering or understanding and gaining awareness. **As a family discuss a community organisation you would like to give back to.** Make an action plan together.

Click on the image or scan the QR code for an **action plan template** you could use.