

# THE GREAT KINDNESS CHALLENGE

JANUARY 28–FEBRUARY 1, 2019

**D**id you know that kindness is contagious? The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people! According to research from Emory University, when you are kind to another person, your brain’s pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper’s high.” Kindness stimulates the production of serotonin. This feel-good chemical heals your wounds, calms you down, and makes you happy!

Another study from the University of Wisconsin, by Dr. Ritchie Davidson, also found that kindness is “kind of like weight training.” They discovered that people could actually build up their compassion “muscle.” The more we practice

kindness and compassion the more we will be likely to respond to others’ suffering with care and a desire to help.

During the week of January 28<sup>th</sup> to February 1<sup>st</sup> many schools and families across the Conejo Valley, and the nation, will be strengthening their “kindness muscles” by participating in The Great Kindness Challenge.

The **Great Kindness Challenge** is one week devoted to performing as many acts of kindness as possible on campus. Using the provided checklist of 50 kind acts, students accept the challenge and show the world that KINDNESS MATTERS! Last year over 10 million students in 100 countries completed over 500 million acts of kindness! During this week, many students will be receiving a special checklist of 50 kind acts and they will be challenged to complete as many kind acts as possible. Suggested acts of kindness include:

- Ask someone new to sit with you at lunch
- Draw a kind card or picture for someone
- Say “Thank You” to the librarian or your teacher
- Invite a new friend to play
- Or create your own kind deed!

There is also a special family version with kind acts that families can complete together. Families can sign up online, download, and print the kindness checklist or use an interactive Great Kindness Challenge app to use year round. Families can choose a week, a month, or a year to have fun and complete as many kind acts as they can.

For more information go to: <https://thegreatkindnesschallenge.com/>



- Complement five people
- Help a younger student

## Next Months' Issue: Let's Talk About What Your Counselor Does!

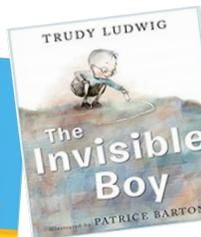
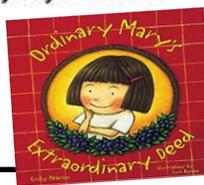


### Book Recommendations

- The Invisible Boy by Trudy Ludwig
- Ordinary Mary's Extraordinary Deed by Emily Pearson
- Kindness is Cooler Ms. Ruler by Margery Cuyler
- We are All Wonders by R.J. Palacio

### Fun Fact

Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and therefore oxytocin is known as a ‘cardioprotective’ hormone because it protects the heart (by lowering blood pressure).



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