



Exploring Mindfulness: Kindness

Kindness Facts

Did you know.....

Kindness has positive effects in the brain for the person being kind, the person receiving the kindness, and everyone witnessing the kindness.

People who regularly exhibit kindness have been found to live longer and have less physical ailments.

Kindness has been found to decrease risk for depression, anxiety, stress and blood pressure. Because acts of kindness produce endorphins in the brain, some people say kindness is a natural pain reliever!

<https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf>

Activity

The Bruised Apple: A Lesson on Kindness

Materials: 2 identical apples, knife

What you will do: Prior to starting the activity with your child, take one of the apples and drop it a few times. This will create bruising on the inside of the apple under the skin. Introduce your child to the apples and ask them what is different about the apples. He/she will probably say that they are the same since the apples should be as identical as possible. Tell your child that the cashier at the grocery store said that one of the apples (point to the one that you previously dropped) is a bad apple. Elaborate that that the “bad apple” may have worms and is not as good as the others. Then mention that the cashier said the other apple is perfect and is the shiniest and juiciest apple in the store. Then cut the apples in half. Point out that the “bad apple” is bruised in the inside and the “good apple” is not. Explain that the bad apple is bruised because all the unkind words that were said about it. The good apple is not because everyone said kind words about it.

Discuss: Relate this lesson about the apples to bullying and the importance of kindness. The “bad apple” is bruised because everyone said unkind things about it (bullying). The “good apple” is not bruised because everyone said nice things about it (being kind). Also, the “bad apple” was bruised on the inside, but both apples looked the same from the outside. Explain to your child that when someone is being bullied, they may look fine or even happy on the outside. However, on the inside they may feel sad, upset, and/or disappointed. Encourage your child to also treat people with kindness, like how you talked about the “good apple.”

Sing

Kindness Counts: "Kindness is a Muscle" Sing-A-Long Lyric Music Video | Universal Kids

By Peacock Jr on YouTube
https://www.youtube.com/watch?v=BXAo_5voOP0

All About Kindness (song for kids about doing good deeds)

By Harry Kindergarten Music on YouTube
<https://www.youtube.com/watch?v=1yLg1nPua0k>