

Greetings Falcons,

Happy Wellness Wednesday!

As we conclude Bully Prevention Month, this week's post is going to be short and sweet! Be kind 😊

I challenge you to engage in random acts of kindness. As many as you possibly can. Kindness doesn't just feel good. Research indicates that there are a myriad of health benefits for the giver, the receiver, and even the observer. Both witnessing and performing acts of kindness produces oxytocin, often referred to as the "love hormone." Increased oxytocin lowers blood pressure and increases self-esteem.

Kindness makes our community thrive. It helps to create an environment where we can all feel safe, supported, and seen. Let's do our part to make this happen!

Here are some examples of random acts of kindness. Choose a few and get started!

1. **Smile** at everyone you pass in the hallway, in the store, or walking on the sidewalk
2. **Hold the door** open for people
3. **Sit** by someone who's eating alone
4. **Put your phone away** and give someone your full attention
5. **Greet** people in the hallways
6. When you experience something good, **share it with people** (a book, social media post, YouTube video, article, etc...)
7. **Don't gossip**
8. **Talk** to someone you don't usually talk to and try to get to know them
9. Say **please** and **thank you** when you ask for things
10. **Compliment** someone
11. **Help** a classmate when they're confused
12. Leave a **nice comment** on social media
13. **Ask new people** to be in your group during class
14. **Ask** someone how their day's going and **genuinely listen** to their response
15. Make **eye contact** when you talk to people
16. **Randomly text** a nice message to your family and friends
17. Give someone **positive feedback** when they've done something well
18. **Apologize** when you mess up
19. **Listen** when someone needs to talk
20. **Be patient**

This week's affirmation:

My kindness is contagious

Take care and be well,
Ms. McDougall