

A woman in a dark top and pants is walking from right to left in front of a bright yellow wall. The wall has a vertical corrugated texture. The entire scene is framed by a white border.

P I L L A R S of Character

Marlboro Township Public Schools

THIS MONTH'S PILLAR IS:

KINDNESS



WHAT IS KINDNESS?



- The quality of being friendly, generous, considerate, thoughtful

Did you know...

Kindness **REALLY**
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!

(RandomActsOfKindness.org)

KINDNESS INCREASES

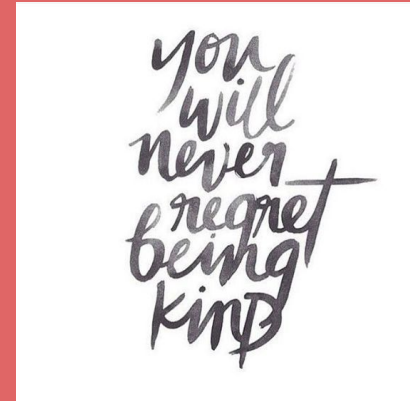
- Energy
- Happiness
- Self-esteem
- Optimism
- Feelings of self-worth

KINDNESS DECREASES

- Pain
- Stress
- Anxiety
- Depression
- Blood pressure



[Random Acts of Kindness](#), 2018



WHAT CAN YOU DO?

- Smile at others
- Make others feel included! (in groups, the lunchroom, after school activities etc.)
- Give someone a compliment!
- Help someone before they ask
- Say “thank you” to someone who has helped you out (parent, teacher, friend)
- Say “hello” to someone new.

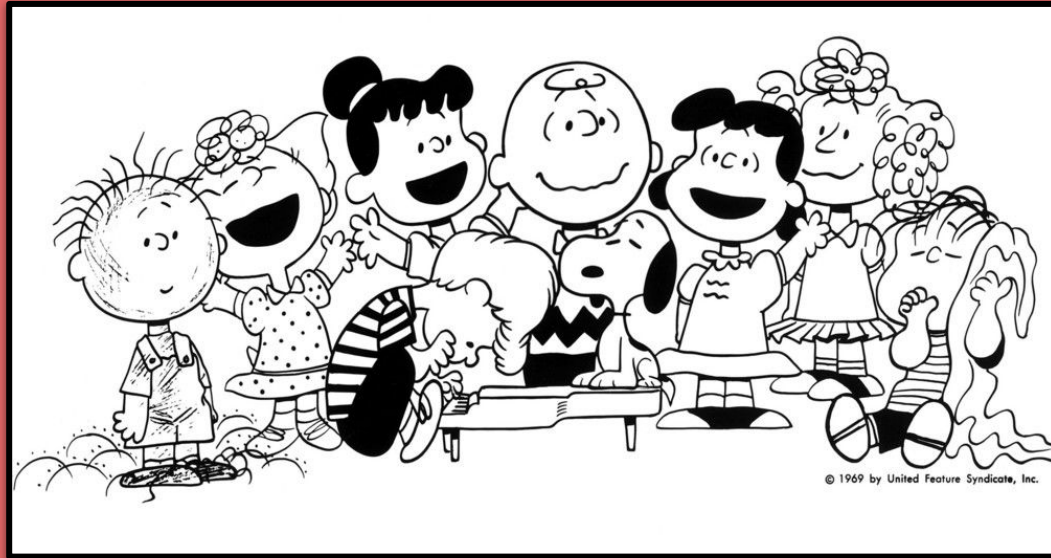
KINDNESS

begins with

ME

You can make a difference!

"KINDNESS IS A GIFT EVERYONE CAN
AFFORD TO GIVE." – UNKNOWN



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