

# Be Kind

## Parent & Carer Edition

September 2025

### November 2025

This month, we're focusing on kindness — a simple action that can make a big difference in family life. Kindness helps children feel secure and valued, and it strengthens the bonds we share at home.

In this newsletter, you'll find:

- Why kindness matters for children and parents.
- Practical ideas for encouraging kindness in everyday family routines.
- Tips for supporting kindness online and handling unkind comments.

Small acts of kindness can create a big impact. Let's explore ways to make kindness a habit for the whole family.



Click [HERE](#)  
to translate

## Why Kindness Matters

### Why Kindness Is Powerful

When we do something kind, our brain releases chemicals that help us feel calm and happy.

Kindness can:

- Lower stress.
- Make family life more positive.
- Help everyone feel closer.

So when you're kind, you're helping others and looking after your own wellbeing too!

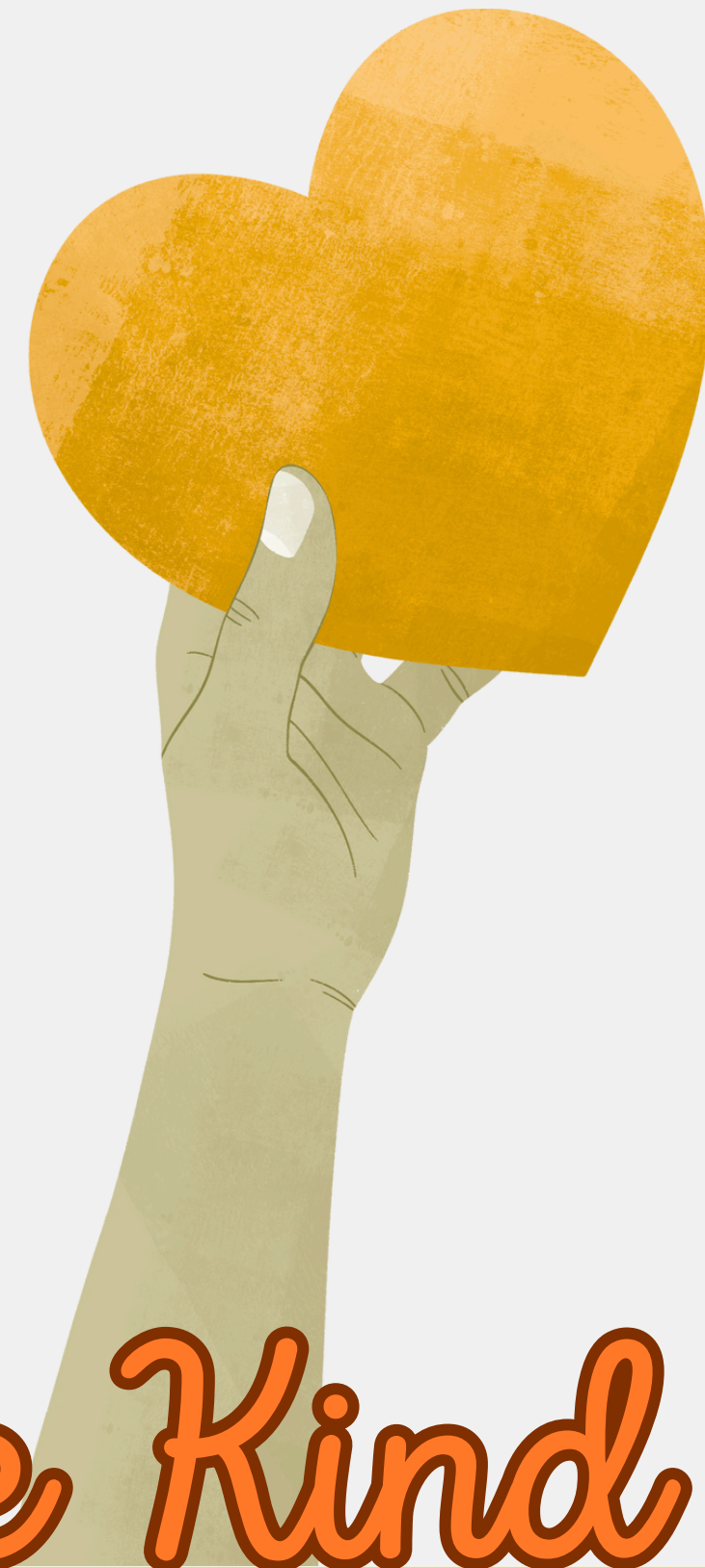
A stylized illustration of a light green hand holding a large, textured yellow heart. The hand is positioned vertically, with the thumb and index finger gripping the heart. The heart has a mottled, painterly texture.

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## The Science Bit

Here's what happens in your body when you're kind:

- **Oxytocin:** Helps your heart and makes you feel close to others.
  - **Serotonin:** Lifts your mood and helps you feel calm.
  - **Endorphins:** Give you a natural “helper’s high.”
- Being kind is like giving your brain a mini workout for wellbeing!



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## Try This: The “Kindness Boost”

This week, try one of these:

Say something nice to a family member or a friend.

Write down three kind things you did this week.

Be kind to yourself – talk to yourself like you would to a friend.

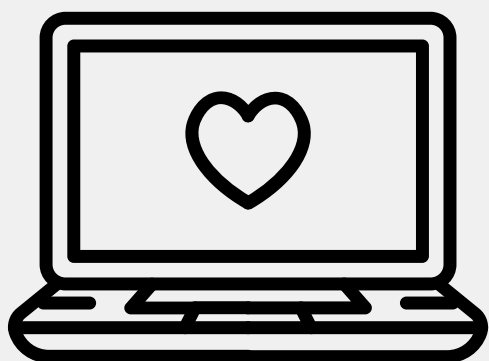
Afterwards, ask:

***“How did that feel?”***

You might be surprised how much better your day is!

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# Practising Kindness Online



Children spend a lot of time online, so it's important to talk about being kind on the internet. Here are some tips for parents:

Talk about online kindness: Explain that words online can hurt just like words in person. Encourage your child to ask themselves: "Is it true? Is it kind? Is it helpful?" before posting or commenting.

Model good behavior: Show your child how you write positive messages and avoid arguments online.

Praise kindness: If your child shares something positive or supports a friend online, let them know you noticed.

## Dealing with Unkind Comments

Sometimes children see or receive unkind messages. Here's how you can help:

- Stay calm and listen: Ask your child what happened and how it made them feel.
- Don't reply in anger: Teach them not to respond with more unkind words.
- Block or report: Show them how to block the person or report the comment.
- Talk about feelings: Remind them that unkind comments say more about the person who wrote them than about them.

***Build resilience: Encourage positive self-talk like:  
"I know who I am, and one comment doesn't change that."***



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# Parent and Carer Pack

Anti-Bullying Week 2025: Power for Good

Monday 10<sup>th</sup> to Friday 14<sup>th</sup> November 2025



**POWER  
FOR  
GOOD**  
#ANTIBULLYINGWEEK

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