



Why are kindness and empathy so important?



Read the quote on the right by pioneering female pilot, Amelia Earhart. What exactly do you think it means?

Discuss: Do you think it's important for us to learn about kindness at school? *Why / why not?* Explain and be ready to share your answers.



Now write down the last time someone did something kind for you. What was it?

The last time someone did something kind for me was when...

Why are kindness and empathy so important?



Learning outcomes:

Describe the characteristics of mental and emotional health, to develop empathy and understanding about how daily actions can affect people's mental health.

Explain why it is important for us to spread kindness.

Kindness - the quality of being friendly, generous, and considerate.

Empathy - Empathy is the ability to understand and share the feelings of another.

Sympathy - feelings of pity and sorrow for someone else's misfortune.

Why are kindness and empathy so important?



What is Empathy?

Empathy is understanding how someone else feels by imagining yourself in their situation.

Sympathy is feeling sorry for someone, while **empathy** is trying to understand their emotions.

Why is Empathy Important?

Helps us build positive relationships and respond kindly to others.

Encourages us to think, *"How would I feel if that happened to me?"* and act with compassion.

Different Types of Kindness

Kindness to yourself – looking after your wellbeing and health.

Kindness to others – treating people with respect, care and understanding.

Kindness to society – helping your community and environment through positive actions.

Why Does Kindness Matter?

Kindness is contagious – one act of kindness often inspires others to be kind too.

Being kind can improve happiness, reduce stress and help people feel valued and supported.



- So, being kind is important because it helps to create a positive and supportive environment, promotes empathy and understanding, and can improve the well-being of both the giver and the receiver.
- Kindness can also lead to strong relationships, foster a sense of community, and contribute to a more harmonious and compassionate society.
- Additionally, showing kindness can inspire others to be kind as well, creating a virtuous cycle of positivity.

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The benefits of kindness clip task

<https://www.youtube.com/watch?v=O9UByLyOjBM>

<https://www.youtube.com/watch?v=ciVdg5O2b-w>



Who does kindness start with?

What have studies shown?

How else does kindness improve your health and the health of others?

Give a few examples of how you can pass on kindness:

What does research show?

What does research show about if you do just one act of kindness a day?

What about children who are kind?

What did studies show about the cells of people who are consistently

Watch the clips and complete your questions in your booklet. We will then go through the answers together so you can fill in any you've missed.



The benefits of kindness clip task

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Who does kindness start with?

You.

What have studies shown?

Kindness reduces stress, anxiety and depression – it also makes you calmer and happier.

How else does kindness improve your health and the health of others?

Your body is flooded with happy hormones such as serotonin, endorphins and oxytocin. You may feel more confident, have less pain and also possibly live longer.

Give a few examples of how you can pass on kindness:

Hold the lift open for someone, give someone spare change for a coffee, helping someone carry shopping, or just smiling more.

What does research show?

We can improve wellbeing by being kinder to others.

What does research show about if you do just one act of kindness a day?

People reported increased life satisfaction.

What about children who are kind?

They reported having more friends.

What did studies show about the cells of people who are consistently kind?

Their cells have longer telomeres, which implies a longer life expectancy.



Where does kindness originate from anyway?

Oi, I hope you're gonna' share that, matey.



The origins of kindness are difficult to trace as it is a complex human trait that has likely developed over time through various cultural, social, and biological influences. However, some theories suggest that kindness has evolutionary roots, as cooperative and empathetic behaviour has likely helped early human societies to survive and thrive.

Additionally, the development of moral systems, religions and codes of conduct, have encouraged people to treat others with kindness and respect. Ultimately, the origins of kindness are likely a combination of nature and nurture, shaped by both biological and environmental factors. **Optional, but very interesting clip (just watch and listen):** <https://www.youtube.com/watch?v=Gy5hejk4vl4>

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How can we build resilience when life throws us challenges?



Useful mental health helplines and charities:

[Childline](#). Support for people under 19 in the UK. Call: 0800 11 11

[Young Minds](#). Child and adolescent mental health charity. Call: 0808 802 5544 (parents' helpline)

[Mind](#). Mind is a charity that provides advice and support for people experiencing a mental health problem in England and Wales. Call: 0300 123 3393 (Mon to Fri, 9am to 6pm)

[Rethink Mental Illness](#). Support and advice for people living with mental health problems. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

[SANE](#). National out-of hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

[Mental Health Foundation](#). Information and support for anyone with mental health problems or learning disabilities.

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>