



KINDNESS
CURRICULUM

The Kindness Curriculum



KINDNESS
FACTORY™

EMPATHY

Empathy is the awareness and understanding of another person's thoughts, feelings, and circumstances. The ability to co-experience the feelings and thoughts of other people, is an essential life skill. Understanding others' feelings and needs helps young people make and keep friends, encourages tolerance and acceptance of others promoting good mental health. Thus, being empathetic assists children and students in building and maintaining strong and healthy relationships with their family, class, school, and community.

Helping people to develop a strong sense of empathy is beneficial because it promotes social harmony, reduces the likelihood of bullying and prejudice, lowers levels of stress and contributes to emotional and social growth. In an ever-changing world appreciating and being sensitive to others' experiences, backgrounds, and cultures is essential. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to identify and experience the benefits of empathy utilising prosocial behaviours, compassion, perspective taking and other kindness attributes.



Log your act of kindness at the [Kindness Factory](#).
Visit the [Kindness Curriculum](#) and make the world a kinder place.