



KINDNESS
CURRICULUM

The Kindness Curriculum



KINDNESS
FACTORY™

GRATITUDE

Gratitude from the Latin word *gratus*, means "thankful, pleasing." Gratitude is a feeling or attitude in acknowledgment of a benefit that one has received or will receive. Gratitude is an emotion like appreciation - taking the time to appreciate what you have is one of the keys to cultivating gratitude. Gratitude is the single best predictor of individual well-being contributing to life satisfaction, happiness, optimism, hope and positive affect.

Gratitude is different from other caring emotions such as empathy and compassion because it can be intentionally cultivated. Teaching children and students an attitude of gratitude requires helping them to look at their situations from a point of appreciation rather than from a deficit. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to experience being supported and affirmed by other people and reciprocate these actions and feelings contributing to the creation of harmonious inclusive classrooms. Gratitude can be contagious reaching far beyond our classrooms into our communities.



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