



The Kindness Curriculum



HUMILITY

Humility means “the state of being humble.” Both the word humility and humble have their origin in the Latin word humilis, meaning "low." A low focus on the self is not self-deprecating but rather an accurate recognition of one’s accomplishments and worth. Being humble allows a person to acknowledge their limitations, imperfections, and mistakes. It means learning to value oneself in a way that isn't dependent on outperforming other people and being the best.

Being humble also means putting the needs of another person before your own and thinking of others before yourself. There are many emotion and social benefits associated with humility including self-control, generosity, tolerance, acceptance and a lower sense of entitlement. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to investigate humility and provide opportunities for all individuals to be recognised and shine!



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