



KINDNESS
CURRICULUM

The Kindness Curriculum



KINDNESS
FACTORY™

HUMOUR

Early translations of the word 'humour' relate to medical conditions of the body. In time the word humour came to be used as a general term for "disposition or temperament" and more recently humour has come to refer to something that is funny.

Defined humour is a quality in something that makes you laugh - it could be a situation, someone's words or actions, something that is heard or seen. If you are in good humour, you feel cheerful and happy, and are pleasant to people. Humour is considered a character strength because it can be used to make others feel good, to build relationships, and to help buffer stress resulting in increased feelings of emotional well-being, cohesion and optimism. Humour encourages enjoyment, increased engagement and communication, teamwork and enthusiasm creating a greater sense of wellbeing.

Research also suggests that humour reduces negativity and depression. However, if humour is used divisively or to disparage others it can have negative impacts on self-esteem and confidence. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to comprehend, appreciate, and produce humour. A happy classroom where laughing together is prioritised will promote a warm, secure environment where individuals and learning are valued.



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