



KINDNESS
CURRICULUM

The Kindness Curriculum

PERSPECTIVE



KINDNESS
FACTORY™

Perspective has a Latin root meaning "look through" or "perceive," and all the meanings of perspective feature the act of 'looking'. Perspective taking is the ability to look beyond your own point of view, so that you can consider how someone else may think or feel about something. It's where one considers someone else's thoughts and feelings about something to see things from an alternative perspective.

Having perspective is essential for the interpretation of "why" and "how" situations happen and the capacity to respond appropriately. When one can grasp another's perspective, they are more likely to be empathetic, anticipate other's behaviour or thinking, handle conflicts peacefully, be less judgmental, value differences, and act in ways that are more helpful, supportive and kind. [The Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to 'walk in another's shoes' and examine different aspects of their own lives. Mastering perspective and sense making is a habit that students need for every part of life—from handling friendship conflicts today to mastering boardroom debates tomorrow.



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