



KINDNESS
CURRICULUM

The Kindness Curriculum



KINDNESS
FACTORY™

POSITIVITY

Positivity is the practice of focussing one's mind affirmatively on the good and constructive aspects of a matter to minimise negative or destructive attitudes and emotions. Having a positive mindset is a mental and emotional attitude and suggests an optimistic rather than pessimistic outlook on life. "Is your glass half-empty or half-full?" Researchers continue to explore the effects of positive thinking and optimism suggesting the benefits include lower rates of depression and levels of distress; and better psychological and physical well-being. The positive thinking that usually comes with optimism is a key part of effective stress management. A person with a positive mindset encourages and motivates others making them feel good which builds friendly, caring and safe environments.

Positivity can change the way one feels about themselves and others, which can in turn have a huge effect on the well-being of all. Positivity is a state of mind we would all like to achieve which is lucky because it is also a skill that improves with use. The [Kindness Curriculum](#) activities sourced and designed provide children and students with opportunities to explore ways to think and act positively. Becoming positive and optimistic is a skill that will assist students to engage in happy and healthy relationships and be confident with a 'can do' attitude!



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