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Must-Know Words

Kindness is the quality or state of being kind, such as being friendly, generous, and considerate.

Gratitude is the quality or state of being thankful, as well as the readiness to show appreciation for and to return kindness.



Coping Skill Corner

Five Senses Grounding

The 5-4-3-2-1 grounding activity helps focus your attention on the present moment and away from stressors. Take deep breaths and acknowledge:



Five things you see



Four things you can feel or touch



Three things you hear



Two things you smell



One thing you taste



Note: This newsletter includes links to external resources.

Kindness & Gratitude

At Galileo, one of our core values is that “kindness rules our hearts.”

Our World is full of kindness, yet we often have to be intentional in our efforts. We have to pay attention to our words and behaviors to check that we’re being kind, notice the kindness around us, and to take a moment to be grateful for the kindness shown to us.

As humans, it’s not our natural instinct to recognize the “good,” rather our brains tend to focus more on the “bad.” This tendency for our brains to do this is called the “*negativity bias*.” This means that our brains are more biased toward recognizing the negative. From evolution, development, and learning, our brains are wired to recognize and react to negative experiences rather than positive ones. Given this, we are more likely to give more merit to and store those negative experiences in our long-term memory. Because it takes more effort for positive experiences to be experienced and remembered, it is important to give extra time and attention to good things that happen so the positive experiences can be given the same effects.

How do we combat the negativity bias? We can train our brains and change our behaviors by spreading kindness and expressing gratitude each day! Practice kindness anytime you are able. Pause, take extra time to think about the good things that happen, and be grateful. There are many ways to be kind and there are tons of things to be grateful for, so long as we stop to recognize them. Practicing kindness and gratitude have many great benefits not only for others, but also for yourself!



Benefits of Kindness & Gratitude

Practicing both gratitude and kindness has been shown to have a lot of mental and physical health benefits, such as:

- Increased self-esteem, empathy, and compassion, and improved relationships
- Improved sleep, mood, resilience (recovering from difficulties), and immune system functioning
- Decreased depression, anxiety, chronic pain, and reduce the risks of disease
- Lowered blood pressure and cortisol (stress hormone)
- Increased release of Oxytocin (a hormone that helps people feel connected), Serotonin and Dopamine (neurotransmitters that help us feel happier), and Endorphins (the body's natural painkiller)



Ways to Spread Kindness and Practice Gratitude

For best results, you should practice gratitude and kindness daily! Examples of ways that this can be done:

- Use helpful self-talk (being kind to ourselves)
- Say "hello" or "have a great day" to someone
- Open and hold the door for someone
- Tell someone you appreciate them
- Recognize someone for their contributions
- Have a friendly conversation
- Thank someone
- Donate items to those in need
- Send cards to loved ones, the elderly, military, and more
- Sit in nature mindfully and notice what you enjoy
- Practice gratitude journaling
- Do activities to celebrate World Kindness Day (November 13, 2023)



Family Resources & Activities

Below are some ideas for activities you can view, discuss, and do at home with your family!

• Videos

- [How To Talk With Kids About Gratitude](#) (2m 7s video)
- [Raising Kind Kids](#) (2m 3s)
- [Why Gratitude Works](#) (2m 55)
- [Dealing with "Gratitude Resisters"](#) (2m 3s)

• Activities

- [Kindness at Home Lesson Plans](#) | [Daily Random Acts of Kindness Calendar](#)
- [52 Random Acts of Kindness You Can Do As A Family](#).
- [25 Random Acts of Kindness To Do As A Family](#).
- [101 Random Acts of Kindness Ideas To Do With Your Family](#).

Kindness Quotes

- "Be kind whenever possible. It is always possible." - Dalai Lama
- "Be somebody who makes everybody feel like a somebody." - Kid President
- "People will forget what you said. People will forget what you did. But, people will never forget how you made them feel." - Maya Angelou
- "Be a rainbow in someone else's cloud." - Maya Angelou
- "If you see someone without a smile, give them one of yours." - Dolly Parton
- "If you can't think of anything nice to say, you're not thinking hard enough." - Kid President
- "If you cannot do great things, do small things in a great way." - Napoleon Hill
- "It's nice to be important, but it's more important to be nice." - John Templeton
- "The only way to have a friend is to be one." - Ralph Waldo Emerson
- "No act of kindness, no matter how small, is ever wasted." - Aesop
- "Have courage and be kind. Where there is kindness there is goodness, and where there is goodness there is magic." - Disney's Cinderella
- "Good words bring good feelings to the heart. Speak with kindness, always." - Rod Williams
- "Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today." - Amy Leigh Mercree
- "Kind words do not cost much. Yet they accomplish much." - Blaise Pascal
- "Raise your words, not voice. It is rain that grows flowers, not thunder." - Rumi



Gratitude Quotes

- "Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." - AA Milne
- "When eating fruit, remember the one who planted the tree." Vietnamese proverb
- "Gratitude turns what we have into enough." - Melody Beattie
- "Feeling gratitude and not expressing it is like wrapping a present and not giving it." - William Arthur Ward
- "Some people are always grumbling because roses have thorns; I am thankful that thorns have roses." - Alphonse Karr
- "This is a wonderful day. I have never seen this one before." - Maya Angelou
- "You have been my friend. That in itself is a tremendous thing." - E.B. White
- "The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time." - Douglas Wood
- "We must find time to stop and thank the people who make a difference in our lives." - JFK
- "Joy is the simplest form of gratitude." - Aesop
- "The more grateful I am, the more beauty I see." - Mary Davis
- "There are always flowers for those who want to see them." - Henri Matisse
- "If you want to find happiness, find gratitude." - Steve Maraboli
- "When I started counting my blessings, my whole life turned around." - Willie Nelson
- "It isn't what you have in your pocket that makes you thankful, but what you have in your heart." - Unknown
- "Sometimes we should express our gratitude for the small and simple things like the scent of the rain, the taste of your favorite food, or the sound of a loved one's voice." - Joseph B. Wirthlin
- "Goodnight stars, goodnight air, goodnight noises everywhere." - Goodnight Moon
- "Wear gratitude like a cloak, and it will feed every corner of your life." - Rumi
- "Enjoy the little things, for one day you may look back and realize they were the big things." - Robert Brault
- "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." - Oprah Winfrey
- "We often take for granted the very things that most deserve our gratitude." - Cynthia Ozick



Tell Us What You Think!

Your feedback matters! Help us help you by submitting the [Mental Health Matters Newsletter Feedback form](#).

WHERE FOCUS
GOES ENERGY
FLOWS

Teacher Resources

• Lesson Plans

- Random Acts of Kindness Foundation's [free kindness/SEL lesson plans](#) by grade level

• Videos

- K-5:
 - [A Very Happy Brain](#) by Dr. Sood (4m 24s)
 - [The Science of Kindness](#) (2m 15s)
 - ["Kindness is a Muscle Sing-A-Long Lyric Music Video](#) (2m 54s)
 - [Train Your Brain to Be Kinder](#) (1m 46s)
 - [Kid President's 25 Reasons To Be Thankful](#) (3m 46s)
 - [Gratitude Movement Break](#) (5m 46s)
 - [Gratitude Meditation for Kids | Guided mindfulness practice for kids](#) (3m 30s)
- 6-8:
 - [The Adolescent Brain](#) by Dan Siegel (4m 36s)
 - [The Science of Kindness](#) (2m 15s)
 - [What is Kindness? Teens Respond](#) (3m 49s)
 - [Train Your Brain to Be Kinder](#) (1m 46s)
 - [Being Kinder To Yourself](#) (3m 9s)
 - [What Teens Are Thankful For](#) (2m 8s)
 - [An Experiment in Gratitude | The Science of Happiness](#) by The Participant & SoulPancake (7m 13s)
 - [Gratitude Meditation for Kids | Guided mindfulness practice for kids](#) (3m 30s)

• Bulletin Board/Poster Ideas

- Set up an [Appreciation Station](#) or Growing with Gratitude bulletin board (see attachment)
- Hang a [50 Ways to Be Kind](#) or [25 Ways to Be Kind](#) poster

• Class Activity & Project ideas

- Complete the [Daily Classroom Gratitude Challenge](#)
- Make a classroom [Kindness Book Project](#) (They also have some free printable worksheets.)
- Watch Daniel Tiger's Neighborhood ["Thank You" short video](#) and complete the [Thankful Tree activity](#)
- Share things you appreciate about your students with them
- Create [Kindness Rocks](#) for a Kindness Garden
- Make a [Thankfulness Paper Chain](#)
- Make a [Gratitude Wreath](#) for your classroom
- Use [Gratitude Conversation Starters](#) in your morning meetings
- Write "Thank You" notes with a template