



DOHA
BRITISH
SCHOOL

SCHOOL COUNSELLOR NEWSLETTER

Kindness

OCTOBER 2021

On the 14th - 18th November we will celebrate Anti-Bullying Week. This year's theme is 'One Kind Word'. Kindness is an important value for children to learn, and a priority for every one in Doha British School.

Instead of teaching children what **NOT** to do teaching them what they **CAN** do is important to create change. Teaching and encouraging kindness is related to many of the following positive outcomes:

- Happy children! - There is a natural good feeling that results when we do an act of kindness, even if it's small. Happy and compassionate children do not have a need to bully others.
- Higher self-esteem - The "helper's high" that comes from endorphins in our brains when we do something kind, increases our sense of belonging. Children will feel like they can have a true impact on their environment.
- More friends - Feeling like they are accepted and liked by peers is usually very important to children of all ages. Kindness increases our connections with other people on a deeper level.
- Better mental health - Acts of kindness increase serotonin levels, the natural brain chemical that improves mood. Encourage children to look outside themselves and be kind to someone else.

Literature is a powerful way to help teach social-emotional skills. Here are some of my favourite books that encourage kindness and empathy.



"People will forget what you said, people will forget what you did, but people will never forget how you made them feel"
Maya Angelou

Please contact us if you have any queries:

Charlotte.Davies@dohabritishschool.com Jennifer.McClelland@dohabritishschool.com
Raneem.Amra@dohabritishschool.com