Year 3 Wellbeing Lessons: Spring Term



Lesson three: Become a kindness detective

Scientists have found that when we do kind things for others, not only does it help them to feel happier; we feel happier too. In fact, Science shows that helping others can have the same effect on our brain as receiving a gift ourselves or eating our favourite food! Helping others can also take our mind off our own worries.



Think about the last week. Make a note of each act of kindness or giving that you have spotted.

Who	What	How	Where	When	Why
Jenny	Helped dad	She buttered	At home	Saturday	So dad didn't
	prepare dinner	the bread and			have too much
		laid the table.			to do.