



How to raise kind and empathetic children

The antidote to bullying is a culture of respect. As teachers and parents, rather than simply telling kids to stop bullying each other we should point them in a positive direction.

Here's a few simple kindness ideas you can try out;

1. Model good behaviour - children take cues from us, so set a good example and then reward children when they are thoughtful or respectful.
2. Encourage kids to think of others with an "act of kindness" each week - like writing a nice note for someone, helping a neighbour with their gardening or their parents with the dishes.
3. At home, volunteer as a family - whether it's at a soup kitchen or an animal shelter, giving time to others teaches empathy and helps kids appreciate the things they have.
4. If you don't already, assign chores and not just because it saves you time! Getting your kids to pitch in at home teaches them to be responsible and to work as part of a team.
5. In the classroom, create kindness rules and reinforce them, for example, you could make a class poster that reminds students to smile at each other, to greet each other by name or to hold the door open for others.
6. Prefects - let's change the emphasis from policing to helping. Instead of just spotting bad behaviour, taking names and scolding, why not encourage prefects to take the lead in supervising sports day or taking care of new students?
7. All schools have peer counsellors so why not empower them? Sometimes kids find it easier to share problems with peers, so give your counsellors regular training and a more active role in daily school life, so they can do more good.

Do your part and find out more about making our schools a kinder place by logging on to standtogether.my

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