Most people agree that doing kind things for others makes them feel good.

Scientists now believe doing kind things for others is also good for you!

**Five Weeks of Kindness Experiment**

Two scientists at Ohio State University asked students who were feeling worried or sad to do three small acts of kindness twice a week for five weeks. The students did things like:

- Open doors for others.
- Smile at people they haven't met.
- Volunteer to help someone.
- Shovel a snowy sidewalk.
- Carry someone's groceries.
- Give compliments.
- Let someone cut in line in front of them.
- Give someone a cookie.
- Walk a neighbor's dog.

At the end of the five weeks, students reported feeling less worried and much happier. **Being kind makes people feel good!**

*Standards Link: Language Arts: Read informational text.*
One student at Ohio State spread kindness around the entire campus. She wrote positive and kind words on sticky notes and stuck them to doors, signs, mirrors, and walls around campus.

Fill in the missing vowels to discover some kind words to share.

Standards Link: Language Arts: Spell grade-level words correctly.

Kindness is Catching!
When you do something kind for another person, it is catching. The person you are kind to will likely go out and do something kind for someone else.

Notes of Kindness

Fill in the missing vowels to discover some kind words to share.

- You are _w_ _s_m_e!
- H_v_a F_nt_st_c _d_y!
- D_n't d__b_t th_p_w_r o_f k_n_dn_s_s
- T_h_n_k y__ f_r b_ng y__!
- Y__ a_r_e s_p_r _s_m_r_t _n_d s_p_r f_n_n_y, t__!
Standards Link: Write descriptively.

### Kindness Quiz

1. A study at Ohio State University found out that doing acts of kindness made people feel
   a. lonely
   b. hungry
   c. silly
   d. better

2. When you do a kind act, it often causes other people to do acts of kindness, too.
   a. TRUE
   b. FALSE

3. A student at Ohio State University put these all around the campus:
   a. flowers
   b. apples
   c. sticky notes with kind words
   d. jokes

4. Opening a door for someone is an act of kindness.
   a. TRUE
   b. FALSE

5. To feel happier and less worried, it helps to help others. You can:
   a. smile at someone new
   b. carry someone’s groceries
   c. give someone a cookie
   d. walk a neighbor’s dog
   e. shovel a snowy sidewalk for a neighbor
   f. give compliments
   g. volunteer to help someone
   h. open doors for others
   i. let someone cut in front of you in line
   j. all of the above!

6. Kindness is catching.
   a. TRUE
   b. FALSE

Standards Link: Write using letter format.

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### Thanking a Local Hero

Look for a newspaper article about a person or a group who is helping others in your community. Write them a letter of appreciation and send it to the newspaper’s editor for publication.

Standards Link: Language Arts: Write using letter format.
Your kind note cheered me up when I was feeling sad.

KIND
The adjective kind means helpful, friendly, good.

Try to use the word kind in a sentence today when talking with your friends and family members.

Why did the owl invite all her friends over to her tree?

ANSWER: Because she didn’t want to be owl alone.
Write On! Kind Things to Say

Write down three kind things you can say to others.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Helping Others

Look through the newspaper for an article about someone in your community who is struggling. How could you do something kind for this person?

Standards Link: Understand civic responsibility.
Kid Scoop Jumbo Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally. Then see how many of these words you can find in today’s newspaper.

COOKIE
DOG
EDITOR
FRIEND
GOOD
GROCERIES
HAPPIER
KINDNESS
LESS
NOTES
OHIO
PERSON
SIGNS
SMILE
VOLUNTEER

Answers

Page 2

You make the world a better place!

Page 4

Puzzler
C & E

Page 6

Page 3

Kindness Quiz
1. d. better
2. a. TRUE
3. c. sticky notes with kind words
4. a. TRUE
5. j. all of the above!
6. a. TRUE

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Vol. 40, No. 8 - Kindness is Healthy, pg. 7