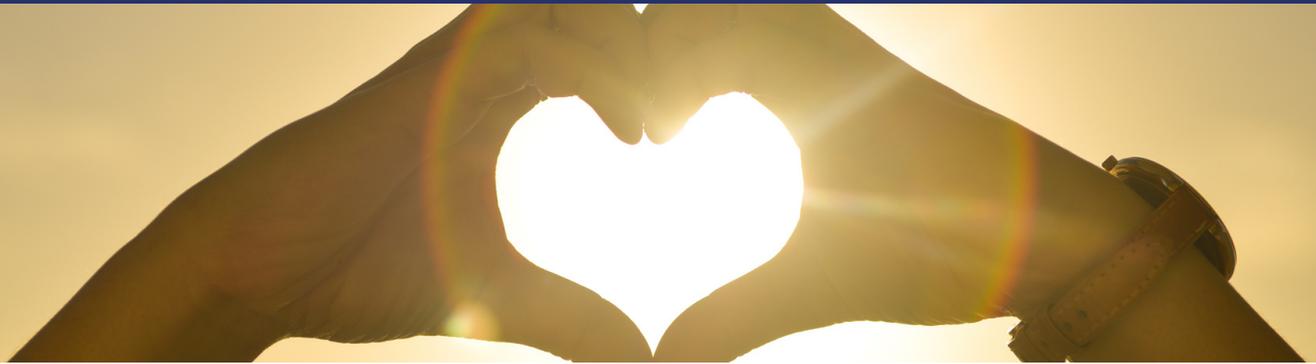


BE KIND

The official e-newsletter of IUSD Speak Up, We Care



WHAT DOES 'BE-KIND' MEAN?

The Speak Up We Care program was developed to increase awareness of, access to and use of resources that build positive mental health and wellness, an essential component to lifelong success. The second program theme 'Be-Kind' refers to the importance of treating others with kindness!

WHY RANDOM ACTS OF KINDNESS MATTER TO YOUR WELL-BEING

BY SHOBA SREENIVASAN, PH.D., AND LINDA E. WEINBERGER, PH.D.

- **It releases positivity:** We feel better and the recipients of our acts feel better, which then makes them more likely to be kind to other people.
- **It can release neurochemicals that result in a sense of well-being,** the “helper’s high,” as Allan Luks and Peggy Payne describe the healing power of doing good. In fact, the neural circuits that are involved in chemical “highs” are the same ones activated by kindness and compassion.
- **It can reduce pain.** Dopamine, serotonin, and endogenous opioids are released by kind behavior.
- **It enhances the release of oxytocin** in interactions where two or more people are engaged in kindness behavior. In turn, bonds between those who are kind to one another are strengthened.
- **It enhances both physical and mental health.** Many physical ailments are either precipitated by or aggravated by stress. Kindness reduces stress.

[Click for full article.](#)

PARENT CHALLENGE

Leave your child five notes of affirmation all over the house that speaks positively to their character throughout the week.

Post your challenge with #speakupwecare





Are you raising nice kids? A Harvard Psychologist Gives 5 Ways to Raise Them to Be Kind

By Amy Joyce, Washington Post

1. Make caring for others a priority
2. Provide opportunities for children to practice caring and gratitude
3. Expand your child's circle of concern.
4. Be a strong moral role model and mentor.
5. Guide children in managing destructive feelings

[Click here for full article](#)

COLOR YOUR WORLD WITH KINDNESS

Parents or family can watch this video showing this Campaign of Kindness



STUDENT CORNER

Are you looking for some extra support, or need someone to talk to? Explore these options below!

[School Counselors](#)
[Mental Health Specialists](#)
[Optimistic Household](#)
 (password: iusdhappy!)
[Irvine Family Resource Center](#)
[Say Something Reporting App](#)
[Care Solace](#)



ADDITIONAL RESOURCES

- **Book:** How to Raise Kind Kids by Thomas Lickona. [Click Here](#)
- **Website:** Caring Families Research Project. [Click Here](#)
- **Article:** The Art of Raising Kind Kids by Dr. Robin Berman. [Click Here](#)