



High School

Watch:

The Science of Kindness <https://www.youtube.com/watch?v=O9UByLyOjBM>

Reflect:

1. How can doing an act of kindness help you, and not just the person you're doing the act of kindness for?
2. Do an act of kindness. Reflect on how it made you feel. Now think of another act of kindness you can do tomorrow.

