

## Newsletter, 08.15.2023

With many schools marking Anti-Bullying Week and World Kindness Day, your children will be talking through themes at school and are likely to come home full of ideas and questions. How can Tooled Up help support the great conversations that have been going on in schools? What does research tell us about how to cultivate altruism in children, and what impact this can have on the people around them and their own sense of self?

Professor Robin Banarjee from the University of Sussex is an expert on research into kindness. In our [podcast](#) he talks with Dr Weston about the impact that *observing* and *performing* acts of kindness can have on children. Kindness gives children a sense of agency, the belief that they can impact the world around them, and a belief that the world is a hopeful and benevolent place.

Our [kindness passport](#) is a great resource to use with younger children. It encourages children to notice all the kind things that they do for others. When they do something kind, they take this book to their teacher (or a family member) to get it stamped. We've included plenty of ideas for them to try, but there's also lots of space for them to write down their own kind acts that we haven't thought of.

If you are raising older teens, consider using our [conversation starters](#) to kick off a good family discussion around **values**. As a family, how do we treat others? What is our motto? What do we consider to be 'unacceptable' behaviour? What is bullying behaviour? And how can we ensure we don't feel tempted to participate in it at school, at work or in personal relationships?

There are two versions of our downloadable activity on treating others kindly, one for [younger children](#) and one for [teenagers](#).

It is important our children are encouraged to stand up for others and to gently challenge poor treatment when they see it. How can we raise upstanders? Here are a few [tips](#) for you to consider.

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).

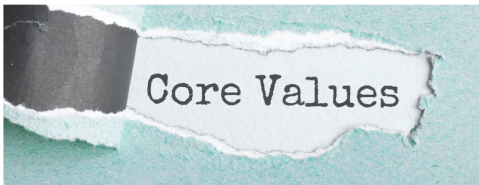




Relationships, Kindness and  
Success



Kindness Passport



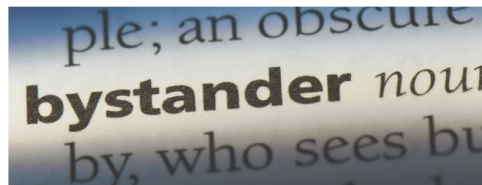
Family Values



Treating Others Kindly  
(younger children)



Treating Others Kindly  
(teenagers)



Raising an "Upstander"

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