

The Morris Educational Foundation Presents Part 1 of the 2017-2018 Parent Education Series

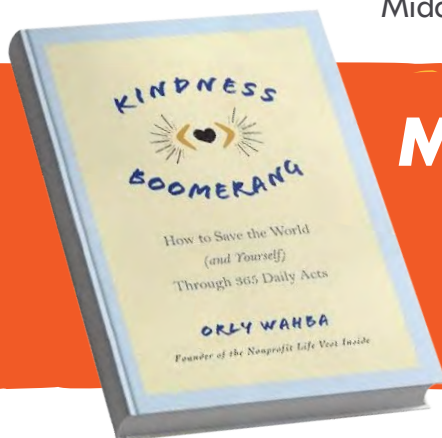
A SPECIAL EVENING WITH **ORLY WAHBA**

Educator, entrepreneur, author and founder of **Life Vest Inside**, a non-profit whose mission is to empower, educate and unite the world with KINDNESS.



This program is for parents with kids of all ages and is part of the district's Healthy Community initiative to inspire **KINDNESS**, promote **RESPECT** and foster **EMPATHY** throughout our schools and the Morristown community.

Orly will also be talking with all Morristown High School and Frelinghuysen Middle School students in grade-level assemblies September 25-27.



Monday, September 25 7:00 pm
Morristown High School Auditorium
Presentation * Q&A * Book Signing

Orly and her amazing work have been featured on:



Funded in part by Governor's Council on Alcoholism and Drug Abuse (GCADA)



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Registration is kindly requested, but not required at: www.morrisedfoundation.org



Thank you for your interest in Life Vest Inside. We're a nonprofit on a mission to inspire, empower and educate people of all backgrounds to lead a life of kindness. Because of support from people like you we are able to continue to grow the organization and impact even further change worldwide.

Fun & easy ways *to stay involved!*



Purchase our new book, Kindness Boomerang:

A lesson-a-day book in kindness. Each day with an act, quote, and reflection on the power of paying it forward. www.kindnessboomerang.com/shop-now



The Daily Kind:

Subscribe to The Daily Kind newsletter - a 30 second read to kickstart your day with kindness. www.lifevestinside.com/dailykind



Dance For Kindness:

Take part in the largest celebration of World Kindness Day! Learn more about this amazing worldwide event. Save the Date for DFK Morristown: November 12th! www.danceforkindness.com



Project Hope Exchange:

Leave a 30 second audio message and give hope to others facing an adversity you've overcome. www.projecthopeexchange.com



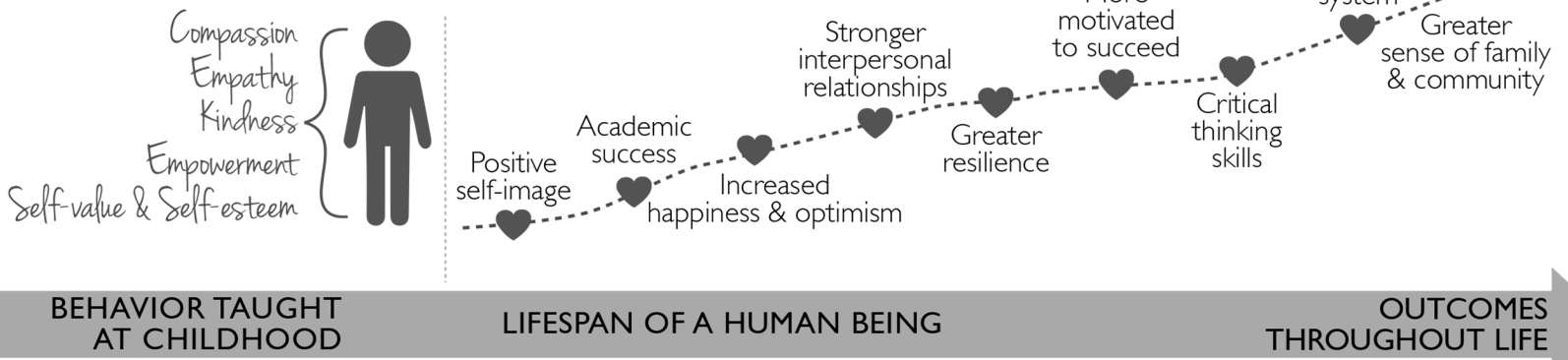
Become a Kindness Ambassador:

Receive a weekly kindness task and connect with Kindness Ambassadors across the globe. www.lifevestinside.com/ambassador

Connect with us:     /lifevestinside

www.lifevestinside.com

LONG TERM IMPACT (Positive)



- ♥ People who are kind and compassionate are usually the most successful. Studies consistently show that we feel happier when we perform acts of kindness – for our children, students, families, friends, and communities. Not only do good deeds make us feel better, they provide a more successful lifestyle (David Brooks, New York Times Nice Guys Finish First).
- ♥ Happier children have greater academic success. Students who performed acts of kindness with their peers, families and in the community had greater academic success than those who simply recorded seeing acts of kindness over a span of three months (Price-Mitchell, 2013).
- ♥ Self-efficacy leads to higher achievement, goals, and positive behavior. Researchers have found that higher self-efficacy is linked to: 1) greater ability to think productively by applying positive thinking skills when facing a challenge; 2) higher motivation; 3) stronger effort put into an activity or task; greater resilience; and 4) lower vulnerability to stress and depression (Bandura, 2013).
- ♥ Building self-value circumvents depression. An estimated 2 million 12- to 17-year-olds experience clinical depression annually, and Reivich and Gillham (2009) have found that building resilience in younger children can help thwart depression before it starts.
- ♥ Engaging in an act of kindness creates a larger cycle of kindness. Harvard researchers Fowler and Christakis (2008) investigate the phenomenon known as Social Contagion which explores how behaviors and even emotions spread throughout a social network, even up to 3 degrees of separation. Performing random acts of kindness can have an impact on happiness within a social network up to 3 degrees of separation. Meaning, that if one person engages in an act of kindness, a person 3 degrees removed from that individual will benefit from its impact.
- ♥ The happier you are, the happier others around you will be. People's happiness depends on the happiness of others with whom they are connected. This provides further justification for seeing happiness, like health, as a collective phenomenon (Fowler & Christakis, 2008; 2012). For example, bullying is a potential source of unhappiness for young students and also for those individuals surrounding the student. Providing opportunities to better understand and experience kindness might not only improve their happiness but also the happiness of numerous others, thereby further validating the benefits of the Life Vest Inside Kindness Curriculum.
- ♥ Kindness builds strong, lasting relationships. Children who learn about and experience kindness tend to have stronger relationships with others because of their ability to empathize with how others feel. It is an important social skill that lasts throughout a lifetime and is seminal in adolescent and adult years (Hughes, 2013).
- ♥ Being kind can reduce stress. Kindness can reduce stress as well as the activation of autonomic and immune pathways that have been implicated in the development of a host of chronic, stress-related illnesses, including depression, heart disease, and diabetes (Dodson-Lavelle, 2008).
- ♥ Sharing kindness fosters a greater sense of family and community. Engaging in kind acts allows students to get involved in seminal developmental activities that builds a greater sense of togetherness. The connectedness, rooted in kindness, fosters fondness and compassion toward one another.
- ♥ Being kind is healing. Helping can enhance our feelings of joyfulness, emotional resilience, and vigor; and can reduce the unhealthy sense of isolation. The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered. Additionally, more kindness = less pain; a decrease in both the intensity and the awareness of physical pain can occur. (Luk, 2001).
- ♥ Kindness improves the cardiovascular system. Kindness benefits the nervous system. The longest nerve in the human body the vagus nerve, which controls inflammation in the body, plays a role in keeping your cardiovascular system healthy. Studies show that people who practice compassion have a more active vagus nerve, leading a healthier life (Hamilton, 2010).