

# Can Kindness Be Taught?

January 09, 2018

Thanks to a challenge from the Dalai Lama, a number of preschools are trying to teach something that has not always been considered an academic subject: kindness.

“Can you look inside yourself and tell me what you’re feeling?” Danielle Mahoney-Kertes asked a class of prekindergarten students at P.S. 212 in Queens recently.

“Happy,” one girl offered. “Sick,” said another. A boy in a blue T-shirt gave a shy thumbs down. “That happens too,” Ms. Mahoney-Kertes, a literacy coach, reassured him.

The exercise was part of the [Kindness Curriculum](#), developed by the Center for Healthy Minds at the University of Wisconsin, Madison, in which preschoolers are introduced to a potpourri of sensory games, songs and stories that are designed to help them pay closer attention to their emotions.