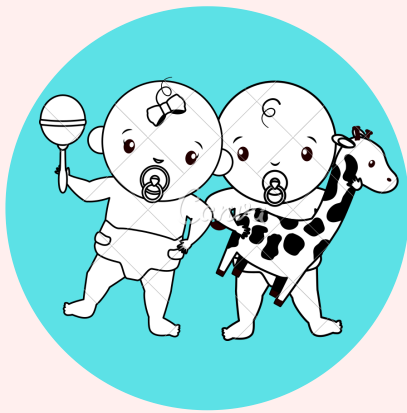


# Are we born kind, or do we learn it?

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## Analyzing kindness throughout the lifespan

### TIMELINE



#### INFANTS.

Babies, 18-24 months, are willing to help others regardless of whether or not they would be recognized for their actions. This is primarily motivated by their concern for the other person's well-being.

#### CHILDREN.

Toddlers and children find joy in giving from their own resources, even more-so than sharing at no cost to them. The kindness of sharing treats and toys encourages social bonding.



#### ADOLESCENTS.

Adolescents are increasing in their understanding of the concept of kindness. They are getting closer to adult-level conceptions of kindness. For example, adolescents have the Theory of Mind to understand that for kindness to be fully realized that it has to be demonstrated internally and externally.



#### ADULTS.

Emotions influence moral judgement and behavior. Studies show that emotional training can increase prosocial behavior. For example, short-term mediation trainings can lead to increased compassion towards others.



### CONCLUSION

SIMILARLY TO THE NATURE VS. NURTURE PHENOMENON, THE REAL ANSWER IS BOTH!

WE ARE ALL BORN WITH THAT SEED OF KINDNESS, WHAT REALLY MATTERS IS HOW WE FOSTER IT AS WE GROW.

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