



Wonder Series

The Science of Awe



Do Good December

Welcome back to the Wonder Series! As a reminder, we are exploring “awe.” Awe is the feeling we get when something leaves us breathless, inspired, or mystified. There are many ways to help facilitate the feeling of awe. It can help us feel happier, healthier, and more connected!

Acts of Kindness

December is here, along with many ways to experience awe during this sparkling month, such as viewing a beautiful holiday lights display, listening to a choir sing, viewing crisp winter skies or softly falling snow. It’s also one of the busiest times of the year. We are overrun with projects, special concerts, and many holiday themed events. It can be an especially frenzied and people-y time of year that is both joyful and utterly exhausting. It may be more difficult to find those awe filled moments when we are feeling stressed and hurried. One way we can help ourselves this season is by practicing kindness. Kindness to others and ourselves can be a wonderful pathway to experiencing awe. Being kind to others can make us feel excited, energized, and full of love. Witnessing acts of kindness can be awe inspiring when it shows us the beauty and power within human connection, gives us an appreciation for human compassion, and a picture of the greater good.

#BeKind



DECEMBER 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Need inspiration for acts of kindness? Check out the free resources available from the Random Acts of Kindness Foundation: <https://www.randomactsofkindness.org/>

Simple acts of kindness towards others:

- Hold the door for someone
- Pick up litter
- Help clear a snowy sidewalk
- Call a friend or relative
- Bake a treat for someone
- Feed and care for a pet
- Give someone a compliment

Acts of kindness towards yourself:

- Practice self-compassion
- Name 3 things you are grateful for
- Forgive someone
- Connect with people that bring you joy
- Celebrate an achievement

For Teachers, Parents, and Caregivers:

[Kindness Together: Collective Act of Kindness](#)

Check out this lesson from from the Greater Good Science Center at UC Berkeley.

<https://go.illinois.edu/CollectiveKindness>



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References: Allen, S. (2018, September 26). *Eight Reasons Why Awe Makes Your Life Better*. Greater Good Science Center.

https://greatergood.berkeley.edu/article/item/eight_reasons_why_awe_makes_your_life_better.

Keltner, D., & Haidt, J. (2003). Approaching awe, a moral, spiritual, and aesthetic emotion. *Cognition and Emotion*, 17(2), 297-314. <https://doi.org/10.1080/02699930302297>