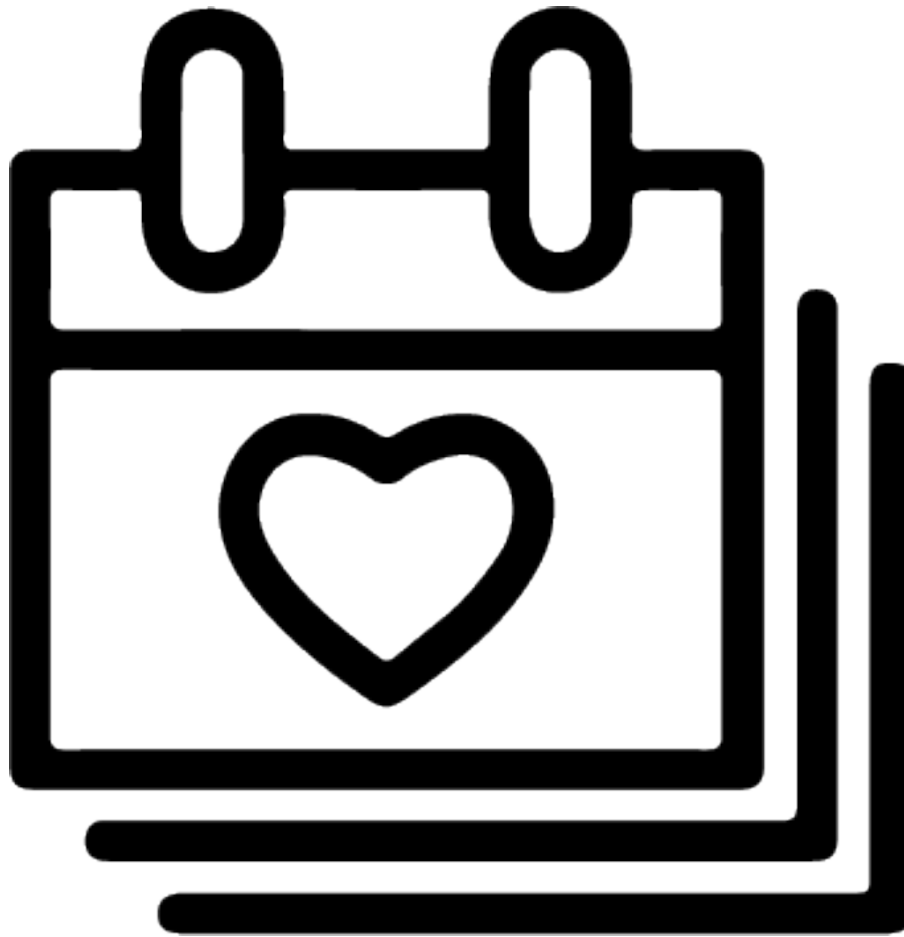




Science of Kindness



“Negative emotions of frustration and anger can underlie violence and aggression. Kind emotions, such as caring and our ability to connect with others emotionally, can serve as social-emotional protective factors.” –Tina Malti, PhD, 2020

