

### OBJECTIVE

To explore how it feels to receive kindness.  
To know that when somebody is kind to us it can help us to feel happy.

### RESOURCES NEEDED

Fortune teller templates - one for each child with their name on it, copies of the Positive Words Sheet on tables or written on the board.  
*(For KS1, you may prefer just to give the children a piece of paper to write on instead of making the fortune teller.)*

### WARM UP

Read the poem 'Smiling is Infectious' by Spike Milligan. Discuss the meaning of the poem. If you have time, read the poem again and get the children to say the rhyming words out loud.

### INTRODUCTION

Show the first 30 seconds of the *Receiving Kindness Video* in which some children share how they feel when they receive kindness. Ask your class how they feel when they receive kindness.  
Explain that today everybody in the class is going to have a chance to both give and receive some kindness.  
Introduce the activity: the children are to make kindness 'fortune tellers' for each other containing positive comments.

### ACTIVITY

- Hand out the named fortune teller templates so that each child receives a template with somebody else's name on it. (Before handing out the templates explain to the children that whoever's template they receive, it's nice to respond positively with a smile even if they don't know that person very well. This will prevent any negative responses which can be hurtful.)
- Show the children the positive words on the board. Ask them to think carefully and write some positive words for the child whose template they have on one of the inside squares.
- Now tell the children to pass their template on to the person sitting on their left.
- Ask them to look and see whose name is on the new template and write some positive words for that person. Repeat, passing on and writing a positive comment until each of the 4 spaces has been filled in.
- Now ask the children to colour and cut out the fortune teller.
- Demonstrate how to fold the fortune teller. There are lots of videos online showing you how to do this. Here's one we've used: [www.youtube.com/watch?v=BxyXk1sr2io](http://www.youtube.com/watch?v=BxyXk1sr2io). Make sure you start with the side of the paper with the words on face down on the table. Some children might find folding complicated so emphasise how you can all help each other with this part.
- Ask the children to take the fortune teller they have and give it to the named child.

## PLENARY

Children to try the fortune tellers out and receive their compliments! Ask the children how it feels to receive kind words. Watch to the end of the *Receiving Kindness Video* which is about how it feels when someone is kind to us. Reflect on how just a few kind words or a smile can really help us to feel uplifted. Isn't it amazing the difference that a simple thing like a compliment or a smile can make?

## FURTHER ACTIVITIES

- Ask the children to write and decorate the words from the Positive Words sheet to display in the classroom.
- Practise reading the poem out loud as a class, enjoy its rhythm and rhyme. The children could practise in groups to perform the poem to the class or in assembly. They could learn the poem or illustrate it as homework.
- Watch the *Smiling Video* which is all about the power of smiling.
- When you do the register in the morning or afternoon, take a moment to exchange a smile with each child or ask the children to do the register by each saying good morning/afternoon to the child who is after them in the register and giving them a smile (whilst you record their presence on the register).
- Play 'Pass the smile' – pretend to wipe the smile from your face with your hand and 'throw' it to a child, they receive it and smile, then wipe the smile from their face and 'throw' a smile to another child, watch the smile travel round the class. You can then discuss how it feels good to smile and laugh together, and how it can be difficult not to laugh when somebody else is because smiling and laughing are contagious.

## SMILING IS INFECTIOUS

Smiling is infectious,  
you catch it like the flu,  
When someone smiled at me today,  
I started smiling too.  
I passed around the corner  
and someone saw my grin.  
When he smiled I realized  
I'd passed it on to him.  
I thought about that smile,  
then I realized its worth.  
A single smile, just like mine  
could travel round the earth.  
So, if you feel a smile begin,  
don't leave it undetected.  
Let's start an epidemic quick,  
and get the world infected!

*By Spike Milligan*