

OBJECTIVES

To reflect upon how it feels to be kind.
To know that being kind to others can help us to feel positive.

RESOURCES NEEDED

Famous kindness quotes sheets. Coloured paper or card. Scissors, glue.

Video: Kindness helps us to feel happy

WARM-UP

- Put the famous kindness quotes out on tables.
- Explain to the children that these are famous quotes about kindness. Each quote might mean something different to different people and there is no 'right' or 'wrong' interpretation. Tell the children that you want them to read each quote and think about what it means for them.
- Put the children into mixed ability groups of 2/3. Now send each group to a different quote. The children are to discuss the quote amongst themselves and respond to the questions on the sheet.
- Give the groups about 3/4 minutes to discuss their quote then rotate the groups on to the next quote. Continue until they've had a look at all/many quotes.
- Now, ask the children to decide individually which quote they like best and to go and stand by it. Ask them if they would like to share with the class why they like it and what it means for them.

* For lower Key Stage 2, you might want to shorten this warm-up as it will take them longer to do the activity (perhaps just look at one or two quotes as a class).

INTRODUCTION

Tell the children that today they are going to make some special treat tokens for someone in their family (or somebody at home / someone who looks after them).

Show them some examples. Discuss ideas for treats that they could offer, for example 'help preparing dinner', 'breakfast in bed', 'help tidying up', 'a hand or foot massage' (you can add your own ideas as suitable for your class).

Explain that they can give their tokens to someone at home who can then swap them for the treat any time they like.

If necessary, emphasise that the treat tokens do not have to look 'perfect' – it is the thought that counts. (Children shouldn't be anxious about spelling/handwriting but focusing on the joy of making something for somebody else and offering kindness.)

ACTIVITY

Children create treat tokens for somebody in their family. Pause after 10 mins or so for a mini-plenary. Ask the children how they are feeling as they prepare the tokens. Are they looking forward to giving them? How do they think the recipient will react? How does that make them feel? Reflect on how it feels good to be doing something kind.

PLENARY

Ask the children to think about other times they've been kind, maybe when they've helped/included/comforted/encouraged somebody. What emotion did they feel when they were being kind? Can they describe how it feels to be kind? Where do they feel it in their body? Perhaps it's a happy feeling? Perhaps they have a warm feeling in their chest or heart or they feel relaxed?

Watch the *'Kindness helps us feel happy'* video. In this video, Greig talks about the 'helper's high' (the name given to the good feeling we get when we are kind to someone).

To finish, revisit the Dalai Lama quote from the warm-up: 'If you want other people to be happy, practise compassion. If you want to be happy, practise compassion'. Kindness is good for everyone!

FURTHER ACTIVITIES

Take a moment the next day to ask the children how the recipient reacted and how they felt giving the gift. Re-iterate how being kind feels good!