

OBJECTIVE	To notice all the small acts of kindness that happen every day. To understand that seeing kindness helps us to feel positive.
RESOURCES NEEDED	Kindness Glasses cut-out activity sheet (or cardboard and craft materials to create your own).
INTRODUCTION	<p>Watch this video clip of a lorry driver helping an elderly lady cross the road https://www.youtube.com/watch?v=GHKH3HD97IQ&t=2s</p> <p>Ask the children how they feel when they see somebody being kind.</p> <p>Watch the 'Looking for kindness' video. In this video Greig explains that even just seeing kindness can help us feel uplifted. Scientists call this feeling 'elevation'. Greig ends the video by challenging the children to see how much kindness they can spot over the next week. The more we look for the good, the more good we notice.</p> <p>Explain that over the next week we are challenging ourselves to try to notice all the kindness around us (even small things). Ask the children what acts of kindness they regularly see at school/ home/out and about? Perhaps there is kindness around them every day that they don't usually notice or take for granted? How much kindness do they think they'll be able to spot?</p>
ACTIVITY	Ask the children to imagine they had a pair of kindness glasses. When they wear them, it helps them remember to look out for people being kind and to see the good in others. Children can design their own kindness glasses using the cut-out sheet or they can use cardboard and craft materials to create your own. Around the outside they can draw pictures of people being kind. Every morning for the next week, ask the children to imagine putting their kindness glasses on to remind them to look out for kindness.
PLENARY	Create a 'kindness wall'. Pin a large piece of paper to the wall. Tell the children that over the next week, if they see someone being kind they can write/draw it on the sheet. Model this by recording some kindness you have seen in the last week. You could also use our Kindness Nomination Notecard pack and ask children to nominate people who they see being kind that week.