

## OBJECTIVE

To understand how kindness spreads.

## RESOURCES NEEDED

True/false statements, cartoon strip template sheet – one each or one between two.

## WARM-UP

Kindness True/False activity: hold up the statements or display them on the white board and ask children to decide whether they think they are true/false. They can vote by holding up their hands to make a 'T' for true, or a 'X' for false. Discuss their thoughts and responses as a class. Remember, these are discussion prompts, there are no right or wrong answers!

## INTRODUCTION

Watch the *Kindness Spreads Video* in which Greig talks to the scientist Dr David Hamilton about the 'ripple effect' of kindness.

Explain that the ripple effect works because when you are kind to someone it often makes them want to be kind too.

Ask the children if they have ever experienced kindness and then felt inspired to be kind to someone else? (*You could give a small personal example, eg. 'When I came into school this morning Mrs T smiled at me and asked me how I was. This helped me feel uplifted so when I saw Mr P I smiled and helped him carry his bags'.*)

Receiving kindness can inspire us to be kind to others. This means that one act of kindness can start a chain of kindness that continues on and on.

## ACTIVITY

**Option 1: Cartoon Strip**

Children create a cartoon strip to show a chain reaction of kindness. To introduce this activity, create the beginning of a cartoon strip together on the board. (For eg. in the first box, in the local shop Farida picks up something Sam has dropped. In the next box, Sam is happy so smiles at cashier in the shop. In the next box, the cashier is cheered up so compliments the next customer etc.) Prompt children to think about where they might set their cartoon – maybe in the classroom, at home or in the playground? What things could the characters do to be kind? Children can work individually or in pairs.

**Option 2: Drama**

In small groups, children act out a chain of kindness to share with the class. After each group has performed their drama, ask the audience if they can explain the chain of kindness they have seen.

## PLENARY

Finish the lesson by creating a '**Mexican wave**' to ripple through the class. Tell the children: Your kindness can spread like this wave. Imagine all the waves of kindness you can create!

## EXTRA ACTIVITIES

You might want to incorporate this practical demonstration into the lesson, particularly if you teach younger children: Sit in a circle. In the centre of the circle have the large container of water. Tell the children that you are going to drop a pebble into water and ask them what they think they will see. Watch as ripples spread out when you drop the object. You can also ask children to come and dip their finger in the water as this will create ripples too. In the bowl, the ripples spread to the edge of the bowl. But what would happen if the bowl was bigger? Ask the children if they've ever thrown a pebble into a lake? Discuss how in a lake, the ripples can spread out further than you can see. Kindness is the same!

**Maths problem:** "Research has shown that when we receive kindness, we are more likely to be kind to someone else. Often, when we're feeling kind, we are kind to more than one person. Imagine you are feeling uplifted, perhaps you've received a lovely card in the post or you've watched someone do something really kind. This makes you want to be kind and helpful. During your day, you are kind to three people. Now imagine that as a result, they feel warm and uplifted and so each of them goes on to be kind to three other people... and then each of those three other people are inspired to be kind to three other people. Can you draw a diagram to help you work out how many people would receive kindness in total?"

(If you ever feel that your small acts of kindness aren't making a difference, remember this illustration. When you act with kindness, you really are making a difference!)

**Poetry:** Remember the poem by Spike Milligan called '**Smiling is Infectious**' in **lesson 2**? Why not see if you can write a similar poem called '**Kindness is Infectious**'? This could be a shared writing task or you could ask every child to write a verse and create a class poem. (We've come up with our own version to give you some ideas – see below!)

This is a lovely video about a boy who donated his tooth fairy money to a homeless charity. His act of kindness inspired lots of other people to give money and they ended up being able to buy a new building for homeless people: [https://www.bbc.co.uk/news/video\\_and\\_audio/must\\_see/51679060/boy-s-tooth-fairy-money-helps-house-ilford-s-homeless](https://www.bbc.co.uk/news/video_and_audio/must_see/51679060/boy-s-tooth-fairy-money-helps-house-ilford-s-homeless) This story shows how one act of kindness can lead to so much more.

*CONTINUED...*

Another example of kindness spreading is the **rainbow posters** that people put up in their windows during the pandemic. The idea started with one person and spread across the whole country. <https://www.bbc.co.uk/news/uk-england-51988671> The rainbows cheered people up and inspired them to connect with their neighbours and support each other.

### KINDNESS IS INFECTIOUS (our version)

Kindness is infectious,  
You catch it like the flu.  
When someone's kind to me  
I want to be kind too.

At playtime I was lonely  
but a friend asked me to play.  
We had a wonderful playtime  
that really changed my day.

I came back into the classroom  
and someone dropped their pen,  
I gave them a kind smile  
and picked it up for them.

I thought about that kindness  
and realised its worth.  
A single act of kindness  
could travel round the earth.

So when you get up every day  
think not of 'me' but 'us'.  
Be nice in what you do and say,  
let's fill the world in kindness.