



## Kindness True/False - KS2

On the following pages are some statements about kindness. These statements are designed to prompt a discussion about kindness and why it is important.

For this activity, hold up a statement and read it to the class. Ask the children to think carefully and discuss with a partner whether they think it is true or false. They can vote by making a 'T' for true, or a 'X' for false with their hands. Now, ask the children to share their reasons. You might like to refer to the discussion points below to help you to guide the conversation (for many of the statements, there are no right or wrong answers). Repeat for each statement.

### Statement

### Discussion points

Kindness is powerful	Kindness can really help to unlock positive feelings in someone. This is pretty powerful! Kindness can make a big difference.
It's difficult to be kind	Being kind doesn't need to be difficult. It can be something very small like a smile or a word of encouragement. It's always possible to choose kind words. But sometimes it can feel a bit difficult and that's ok. If it is feeling difficult to be kind it might be a good idea to take some time to do something kind for yourself or to ask for help. When you are feeling better, you'll no doubt remember how easy it is to act with a little bit of kindness towards other people!
Being kind is good for you	Scientists have found that when you are kind, your body releases a chemical called oxytocin which is really good for your body. It also helps you to feel happier. So being kind is a win-win act - it's good for you and for the person you are kind to!
It's always possible to be kind	It is always possible to use kind words instead of unkind words. It is always possible to smile and be welcoming. However, being kind doesn't mean doing everything for everybody else. There are kind ways of saying no. For example, if someone asks you to help them with their homework and you haven't got time, you can say, 'I'd really like to help you, but I can't right now.' Or, if someone asks you to play with them and you don't want to, you can say, 'Thank you so much for asking me, maybe another time'.
It's more important to be kind to other people than it is to be kind to yourself	If you are kind to yourself, you are more able to be kind to other people. Being kind to yourself might include asking for help when you need it, looking after your body by eating healthy food and exercising and speaking kindly to yourself. When you are kind to yourself you can be kind to other people. So both are important!
It is important to be kind if you are a leader	We think so. If you are leading a team and you are unkind to people, they might not try their hardest. If you are a kind leader, people on your team will want to do really well. Good leaders encourage their team and help everyone to do their best.
Kindness is contagious	Yes! When somebody receives kindness they are more likely to be kind to someone else. This is how kindness spreads. It is called 'the ripple effect'.
Kindness can change the world	One small act of kindness can change the world for one person. That kindness might continue to spread and change the world for lots of other people. Lots of acts of kindness put together can change the whole world!

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