

OBJECTIVE

To know that kindness helps us learn together.

RESOURCES NEEDED

Kindness skills sheet - words cut out and put in a bag for children to pick from. **Team Games sheet.** (Further resources depend on which games from the team games sheet you choose. For some of the games you will need space for the children to move around.)

STARTER

Play **'I have a friend who...'** game.

Decide on a secret rule such as 'things beginning with b'. Say to the children 'I have a friend who likes...' then add in something that fits your rule. For example, 'I have a friend who likes bananas'. You can also tell them something that she doesn't like, for example, 'she likes beans but she doesn't like pasta', 'she likes basketball but she doesn't like football'. Encourage children to ask if she likes different things: 'does she like.....?' Can they guess the rule?

(Examples of simple rules include: things that are a certain colour, words with 4 letters, start with the same sound. Examples of more complicated rules include: words that begin with a vowel, words that contain a double letter, words with a short vowel sound.)

Discuss how getting the right answer was a team effort. The person who guessed the rule wouldn't have been able to get to do so without other people's suggestions (even the 'wrong' suggestions helped you get to the right answer). Everyone got to the answer together. At school, we all learn together.

INTRODUCTION

Today we are going to be thinking about kindness in the classroom. Kindness is important when we are learning together. It can help us all to feel comfortable so we can enjoy our learning and do our best. Ask the children to share any examples of kindness they have seen in school this week. You could give an example by sharing how somebody gave you a lovely smile as you came into the classroom.

Tell children that in your bag/box you have some key **kindness skills**. Ask one child to come and pick one out and read it to the class. Can children talk to a partner and describe what this looks like and when they might see it in school? Continue until you have discussed each one.

Encouraging - 'I like the way you', 'keep it up', 'you can do it'.

Including - making sure no one is left out, inviting others to contribute in a group.

Sharing - sharing equipment, sharing ideas.

Helping - giving tips, suggestions.

Caring – looking after somebody who is upset or hurt.

Smiling – being friendly and welcoming.

Listening – to the teacher, to each other.

Respecting – taking account of what other people want, accepting others even if they have a different opinion to you.

Empathising – taking time to understand how somebody else is feeling – putting yourself in their shoes.

(for younger children maybe just use a few of these suggestions)

ACTIVITY

Choose some games from the **team games sheet**. Explain to the children that they are going to do some activities to practise working together with kindness. Take photographs of the children as they do the activities, especially those showing good kindness skills.

PLENARY

Ask: What did you appreciate about your teammates? What helped you work well together?

You could get some of the photos you've taken up on the white board and invite children to discuss what they can see - which kindness skills are being used?

FURTHER ACTIVITIES

Display the key words alongside pictures of the children working together on the wall.