

OBJECTIVE

To know that kindness can help us to feel connected to other people.

RESOURCES NEEDED

Emotion match up cards - one set of cut out cards between two, ball of string, post-it notes.

OPTIONAL
STARTER (10 mins)

Emotion match up cards. Children sit in pairs. Give each pair a set of cards. They match up each emotion with the shape they think best represents this emotion. There are no right or wrong answers, this activity is about discussion.

INTRODUCTION

Tell the children that you are going to play them some sounds and you want them to **listen** and see if they can guess where the sounds were recorded: <https://www.youtube.com/watch?v=w1yTt5wkUwI> (clip of sounds in a train station). The station is busy and noisy full of people going to work.

Explain that a couple of years ago, two men who worked at a busy train station in London decided to write some poems and messages for passengers in their station to read. Here's one poem that they wrote on a white-board in the station for everyone to read on their way to work in the morning (show the slide of the **poem** by @allontheboard). (**see below**) Read the poem and discuss how it shows that whatever you are feeling, you aren't alone.

Sometimes when we are having a difficult time, we can feel alone. We can feel like everyone else is just fine and we're the only one struggling. Actually, that's not true at all. It's normal to feel all sorts of different emotions and however you are feeling, there's somebody else feeling the same.

Connecting to other people can help us feel less alone. Connecting to others is important for our health and happiness.

Kindness helps us connect to other people. When we are kind to others, it helps them feel connected and it helps us feel connected too. Kindness reminds us that we're not alone.

ACTIVITY (10 mins)

Create a kindness web: The whole class sits or stands in a circle. Give one child the ball of string. Ask them to 'send kindness' to one person in the class who they don't often work or play with. They make eye contact with and smile at this person, and say out loud, 'I am sending kindness to' then they pass the ball of string to this person whilst keeping hold of the end themselves so that they are connected across the circle. The person with the ball of string then chooses to 'send kindness' to a person in the class that they don't usually work with.

When everybody is connected like a giant spider's web you can discuss how kindness connects us all. Kindness helps everybody feel included and appreciated.

(Note - Asking the children to choose someone they don't normally work or play with means they won't just choose their friends and avoids leaving the children that might have fewer friends in the class to last. Praise children for sending kindness to someone they don't know so well.)

ACTIVITY 2

Ask: If you could write a kind message to everyone in our classroom to read, what would it say? In pairs, children write kind messages on **post-it notes** to put up around the classroom. Encourage them to think about what they would like to say to help everybody feel included and to help people who are having a difficult day (just like the poem in the station). When children have stuck their messages up in the classroom, get the whole class to walk around and read the messages. How do they feel?

PLENARY (10 mins)

Ask: If you could give one kind message to everybody in the whole world, what would it be? (You could imagine you're being sent up in a spaceship to write a message on the moon for everyone to see, what would you write?!)

Remind children that the messages that they've written for others are for them too. It's good to be kind to yourself as well as others and to speak to yourself as you would speak to a good friend.

One day I feel happy,
The next day I feel sad;
One day I feel good,
The next day I feel bad.
One day I feel full of energy,
The next day I feel worn out;
One day I feel confident,
The next day I feel full of doubt.
One day I feel carefree,
The next day I feel I care too much;
One day I feel on top of things,
The next day I feel out of touch.
One day I feel brave,
The next day I feel scared;
One day I feel ready,
The next day I feel unprepared.
One day I feel proud,
The next day I feel shame;
But, I should never feel alone,
Because other people feel the same.

@allontheboard