

LITTLE LESSON 1: WHAT IS KINDNESS?

We know kindness is important, but what does it mean to be kind?



ACTIVITIES

- 1. Discuss the definition of kindness with your child, then ask them to think about the following questions.**
 - a) What does it mean to be friendly? Can you think of a time when someone was friendly to you?
 - b) What does it mean to be generous? Can we be generous in ways that don't involve money? (eg. being generous with your time)
 - c) What does it mean to be considerate? How is it different to being friendly or generous?
- 2. Watch the video of children discussing examples of when someone was kind to them.** Ask your child to briefly write about a time when someone was kind to them. What happened? How did they feel? Did it make them want to be more kind to other people?
- 3. Discuss how we all have opportunities to be kind every single day, and it doesn't have to cost a penny – list some examples together.**
(examples could include saying thank you to people who help you, asking someone if they'd like to play, smiling at people, and just looking out for each other).