

RESOURCES INCLUDED

A set of 9 lesson plans, video content and supporting classroom materials all about the power of kindness.

CURRICULUM LINKS

The lesson plans support many of the aims and objectives of the new statutory PSHE curriculum for relationships and health education in primary schools.

AGE GROUP

The lesson plans are designed for Key Stage Two (although lessons one, two and three may be adapted for use in Key Stage One).

HOW TO USE

The lessons have been planned as a sequence, however you can use them in a different order and adapt them to suit the needs of the children in your class as required.

WHAT WILL CHILDREN LEARN?

Through these lesson plans, children will explore how it feels to give and receive kindness. They will gain a real sense of why kindness is so important and how it can help build positive relationships and healthy communities. They will be inspired to show kindness in different ways and discover that being kind to others can have a positive effect on their own health and wellbeing. Children will learn that it is important to be kind to themselves as well as others. They will come to understand that it is normal to experience a range of emotions and learn some simple 'self-care' techniques to support their mental health and wellbeing. Throughout the lesson plans there is an emphasis on the link between positive relationships and personal wellbeing. The lesson plans are full of fun activities and provide children with lots of practical strategies to be kind to themselves and others.

FURTHER PROJECTS:

The School of Kindness also offers children the opportunity to get involved in wider social action through our projects and our Kindness Fund. This supports the DfE guidance for the new primary curriculum for relationships education which suggests that schools provide young people with, 'planned opportunities to undertake social action, active citizenship and voluntary service to others locally or more widely'¹.

¹ https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf page 20.