



WORLD KINDNESS DAY PACK 2025

Five Days of Activities
for Your Class



52 Lives is a charity registered in England and Wales. Charity no: 1166238.



HELLO TEACHERS!

Here is your World Kindness Day Pack, designed to support Anti-Bullying Week (10-15th November) and World Kindness Day (Thursday 13th November.) Don't forget that we have three free live online assemblies on World Kindness Day, so book your place [here](#).

The 2025 Anti-Bullying Week theme is **Power for Good** to help children realise that they have the power to make positive change. This theme was decided by children, teachers and the co-ordinators of Anti-Bullying Week – the Anti-Bullying Alliance.

In this pack you will find **5 activities**, one for each day of the week, suitable for both KS1 and KS2.

There are activities that cover all areas of kindness including:

KINDNESS TO OTHERS

SELF-KINDNESS

KINDNESS TO THE PLANET

AN IN-DEPTH LOOK AT REAL-LIFE KIND PEOPLE





ACTIVITY 1: REAL-LIFE KIND PEOPLE

Being kind is defined as having three main qualities:


Being Friendly

Being Generous

Being Considerate

At the School of Kindness, we are proud to support Anti-Bullying Week. The 2025 theme is “Power for Good” which is all about how you can use your own power for good to make this world a kinder and better place. Even just one person can change the world with small acts of kindness.

Your mission today is for you to draw and write about someone who is kind. This person could be someone that you know, a famous person in the world today, a person from history who has made a positive change through kindness – it is up to you! Using the space on the next page, or your own paper, draw a picture of the person, write what they did/do to be kind, and why you think they are inspirational. You can share your work by displaying it on your class wall or even making a class book about kind people!



Your school might be celebrating Odd Socks Day this week to celebrate our differences – so feel free to include odd socks into your work today!

REAL-LIFE KIND HUMAN



ACTIVITY 2. SELF-KINDNESS – ‘WORDS THAT HELP ME FEEL HAPPY’ DONNA ASHWORTH PAPER AEROPLANE ACTIVITY



Your Words Matter...in fact, they can FLY

Read the **Words Can Fly** poem by Donna Ashworth.

The poem is all about how **your words are powerful**. They can travel far, they help people feel happy or sad, and they can affect how you feel too. So it's important to use them kindly. Are you ready to make your words fly?

1

Take a piece of paper (you can use our simple paper aeroplane template sheet with dotted lines - or we have included instructions for a slightly more challenging glider plane). Before you start to make your aeroplane, take a moment to think about all the things that help you feel happy - big things, small things, things that you love about yourself, things you love about your life, anything at all.

2

Write those happy thoughts, memories or words on your piece of paper. Fill it with as much joy as you like!

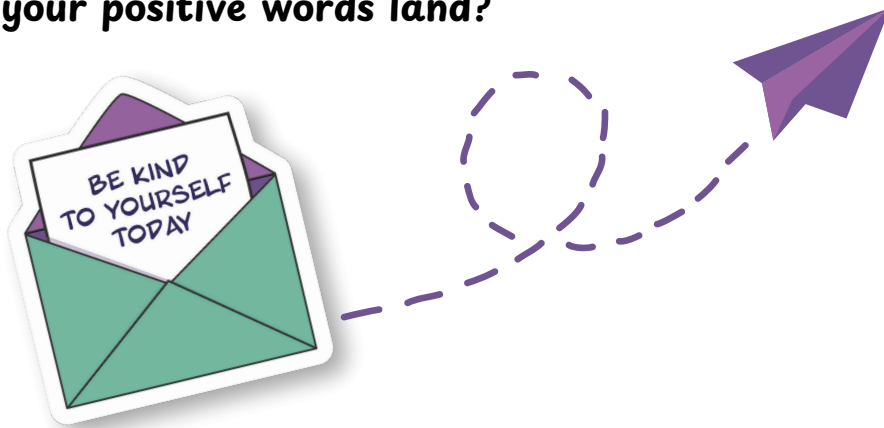
3

Once you've finished writing, fold your aeroplane. (Follow the dotted lines in the order of numbers 1-5 if you're using our template sheet to make the simple aeroplane).

4

Now you're ready for take-off! Launch your plane and send your happy words soaring through the air.

Where will your positive words land?



*Thank you to Donna Ashworth for allowing us to use her beautiful poem.
Illustrations are by Eirinn McGuinness.*

Words can fly

Did you know that words can fly?
allow me to explain
here is what those words can do
as they up and leave your brain

they trip down to your mouth
and jump right off your tongue
and float like little feathers
bringing comfort to someone

if the words you choose to speak
are funny, giggly ones
they will bounce into another's brain
and fill it full of fun

if the words you choose are kind
and not feelings run amok
they will fly into another's heart
and undo rusty locks

if the words you choose are mean
or hateful and unkind
they buzz like angry wasps
and sting the person's mind

and from that sting a seed will pop
and make a plant of sadness
that plant will find its power
from all the hate and badness



likewise, when the words are kind
they also bloom and grow
a flower of every colour
will take their root and glow



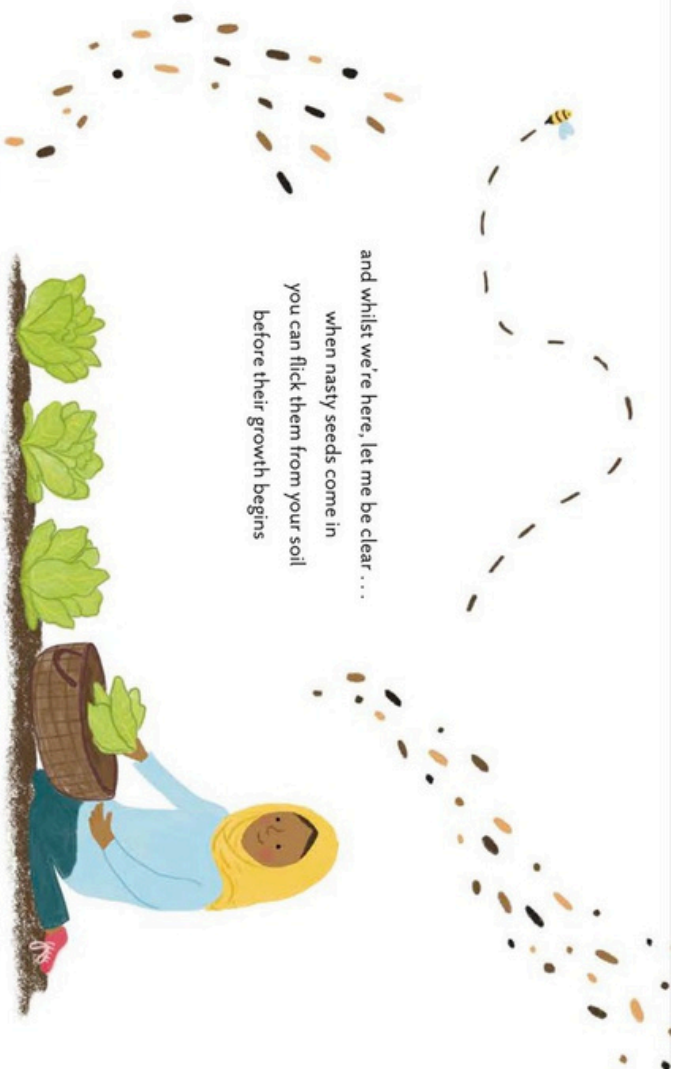
and maybe you can see with me
that garden in your mind
the field of flowers you're growing there
perhaps it's now the time...



to make sure all the seeds you cast
are seeds which will grow bright
the seeds that face the sunshine
and thrive on giving light



and whilst we're here, let me be clear...
when nasty seeds come in
you can flick them from your soil
before their growth begins

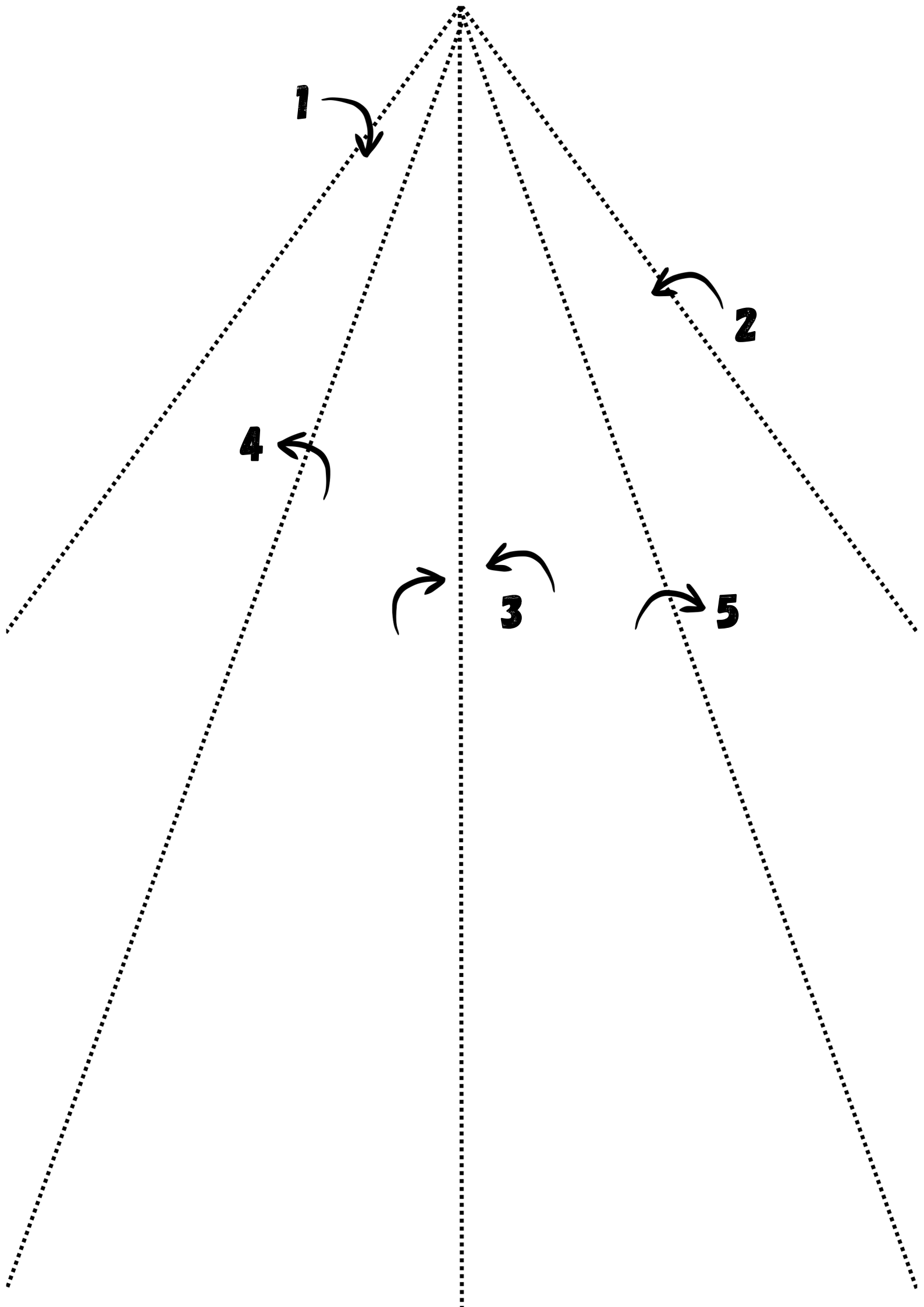


and cast them to the clouds
to disperse amongst the air
those seeds won't find a place to grow
just floating around there

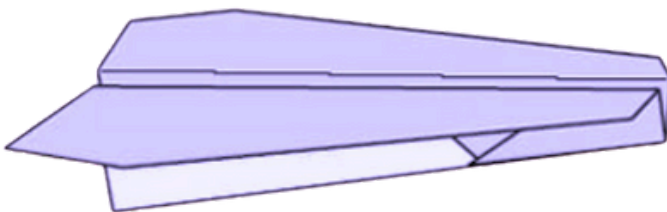
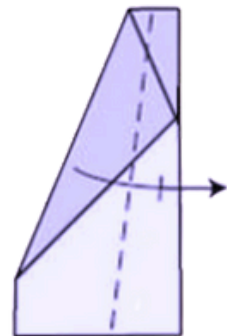
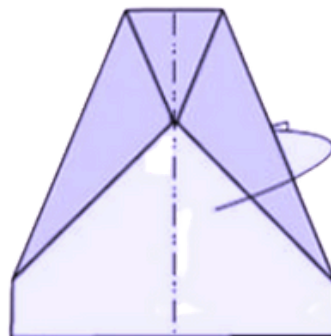
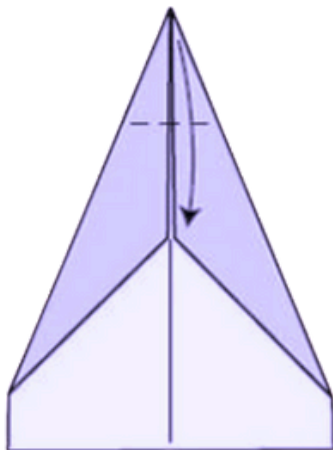
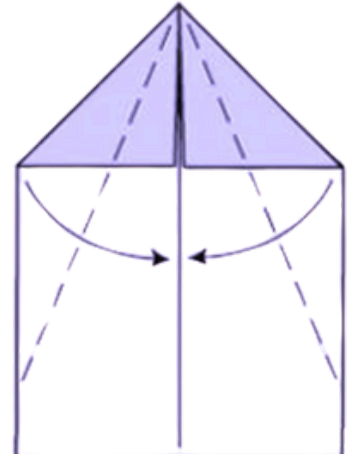
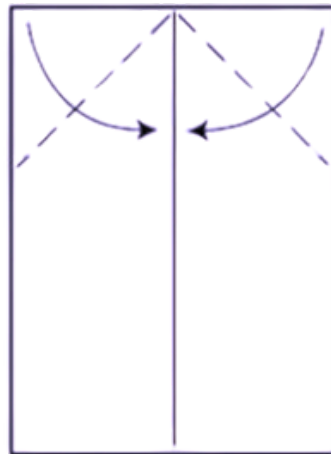
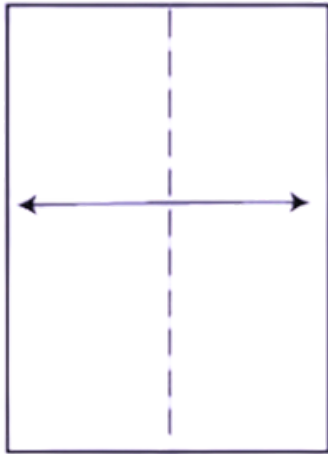


keep your garden colourful
with plants of every kind
and help your friends grow their plants too
in the gardens of the mind.





Want more of a challenge? You could try to build a glider plane too using the guide below...



ACTIVITY 3. CREATE A CLASS JIGSAW

We want you to know how special you are! This activity will unlock your superpowers – you may not even realise what they are!

1

Please write your name somewhere on this jigsaw piece, and make sure that it's medium-sized. You will need space around it.

2

Place your jigsaw piece on your table. Once you have done this, take your pen/pencil and walk around the room.

3

Choose somebody else's jigsaw piece and think about what makes this person unique and special – don't just pick your closest friends. What do you appreciate about them? Write it on their jigsaw piece (leaving room for other people to write) e.g., 'smiley', 'friendly', 'always tries hard', 'thinks of others'. If your word or phrase/sentence has been taken, choose something different. We want everyone to have lots of different superpowers written down on their jigsaw piece – can everyone get six superpowers written on their jigsaw?

4

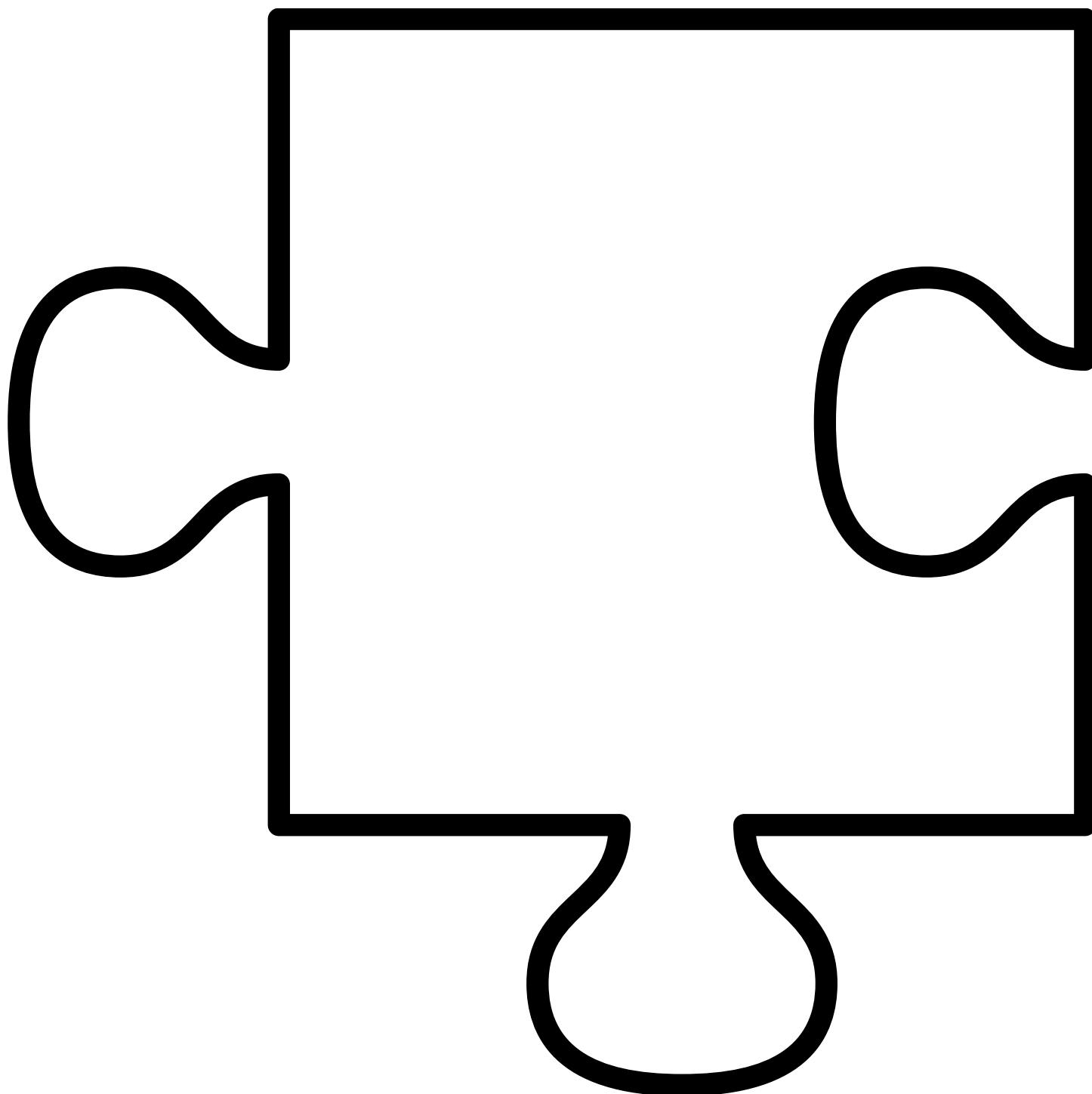
When everyone has enough superpowers written on their jigsaw, go back to your seat, take time to read your own. Cut out your jigsaw piece.

5

As a class, can you fit the pieces together? This shows how you work as a powerful team. As a class, you can decide what you do with those pieces – maybe you can make a class display? You will need to be able to see them for tomorrow's activity!



WRITE YOUR NAME IN THE JIGSAW PIECE



ACTIVITY 4. POWER FOR GOOD

This year's Anti-Bullying Week theme is Power for Good. Teachers and children came up with this idea with the Anti-Bullying Alliance, as they wanted 'a theme that empowered them to do something positive to counter the harm and hurt that bullying causes'.

Yesterday's jigsaw task will have shown you that you have many, many qualities and superpowers. If you haven't done this yet, take 10 minutes to do a speedy version of that task.



**We want you to use your Power for Good
to speak out, support others, and build a
world where kindness wins.**

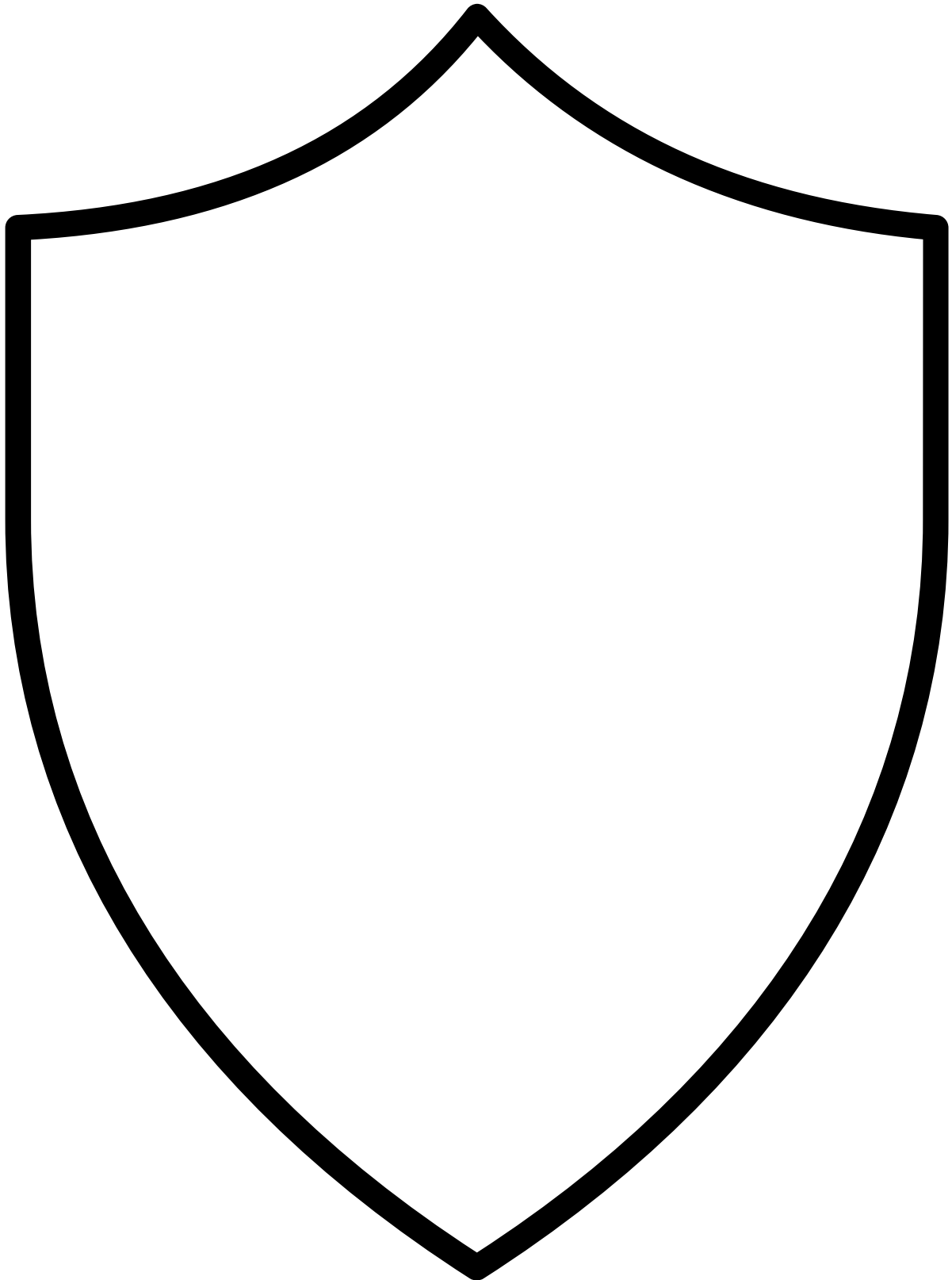
Your challenge today is to design either a shield (see our template) or an artistic design of some kind (see freestyle template) that shows your superpowers.

Use the superpowers that you collected on your jigsaw task – or if you don't have that, then use ideas of your own. Then we would like you to write a pledge of how you are going to use those superpowers to help to create a kinder world.

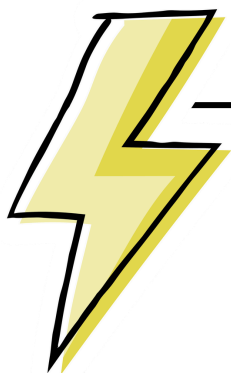
For example, if one of your superpowers is that you smile a lot, you might include a smile in your design and then write, "I will use my smile superpower to help people in my school to feel good by passing my smile on to them." If one of your powers is 'caring' then you might also draw hands and write, "I will use my caring superpower to check in on my classmates once a day to see if they are doing okay."



≡ SHARE YOUR SUPERPOWERS ≡



≡ **SHARE YOUR SUPERPOWERS** ≡





ACTIVITY 5:

It's so important to be kind to our beautiful and clever planet. So today's activity is simple – we want you to be Eco Spies. You can work on your own, in pairs or in small groups – whatever your teacher decides.

1

You can give yourself a spy name – any name you like. Then design your new name tag on the template provided, cut it out and tape it to your body.

2

You are now ready to search around your classroom (and even your school if possible) and write down as many ideas as you can of how your class/school can help the environment even more (use scrap paper to write your ideas).

For example, if you go past a light switch – what idea might you have about lights in your classroom? Your job is to think creatively about how you can help the environment. Think about the lunch hall/snack times as well.

(If you want to, use our secret cut-out magnifying glass on your mission).

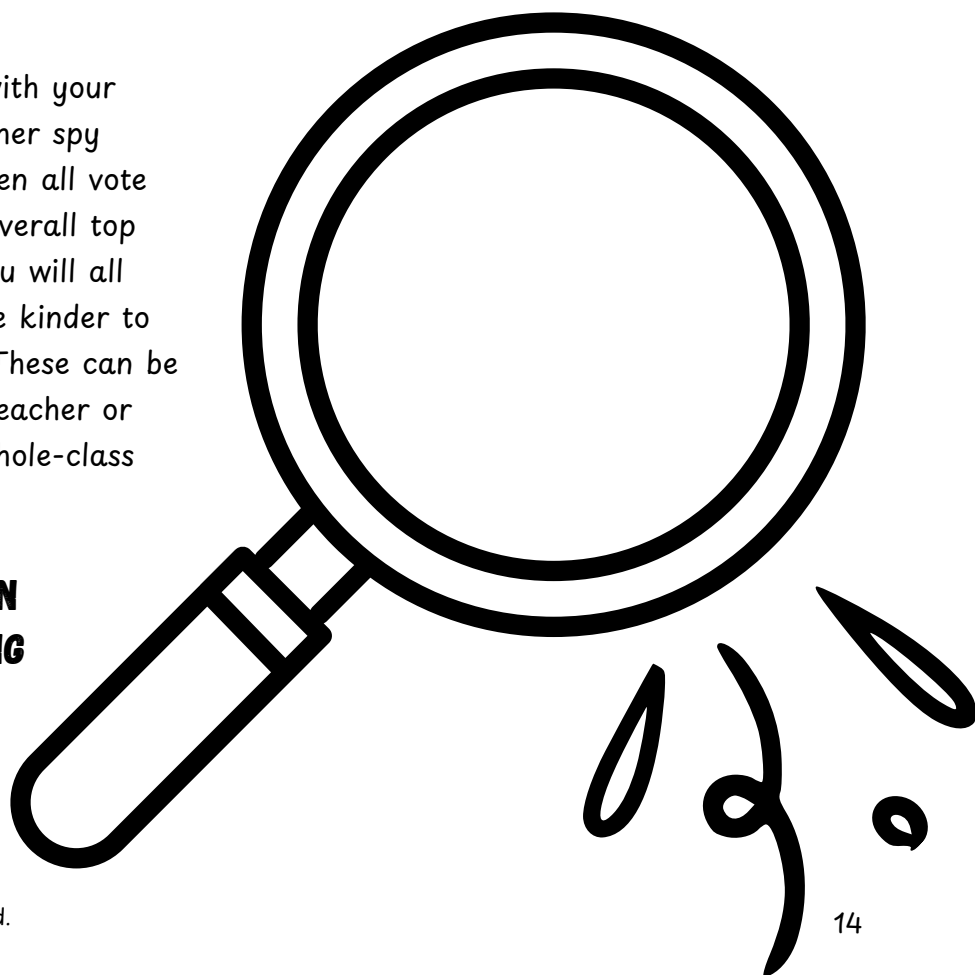
3

Once you have been on your super-secret mission, return to your classroom where you/your group will decide on your top three ideas. Fill these out using our template.

4

Share your ideas with your teacher and the other spy groups. You can then all vote as a class on the overall top three ideas that you will all promise to do to be kinder to the environment. These can be recorded by your teacher or Eco Reps on our whole-class promise template.

**CUT OUT YOUR OWN
SECRET MAGNIFYING
GLASS**



DESIGN YOUR OWN NAME TAG:



MY TOP 3 SPY IDEAS:

1

.....

2

.....

3

.....

MY CLASS'S TOP 3 SPY IDEAS:

1

.....

2

.....

3

.....

OUR CLASS PROMISE

We promise to...



1

.....

2

.....

3

.....



**THANK YOU FOR
MAKING THE WORLD
A KINDER PLACE!**



www.schoolofkindness.org



[@52livesschools](https://www.facebook.com/52livesschools)



[@schoolofkindness](https://www.instagram.com/schoolofkindness)



[@schoolofkind](https://www.x.com/schoolofkind)