



# KINDNESS WORKSHOPS

Helping children discover the power of kindness

Available face-to-face and virtually for primary schools across the UK.



Reaching  
280,000+  
children  
a year

# THE IMPACT OF OUR WORKSHOPS

Teachers reported the following changes in children  
in the month after our workshop:

**80%**

Better relationships  
with friends and  
classmates

**80%**

Greater  
self-kindness

**94%**

More thoughtful of  
others

**78%**

Showed more  
gratitude

**75%**

Improvement in  
mood and  
emotional  
wellbeing

**68%**

Better relationships  
with parents and  
teachers

"It was certainly one of the best mornings  
we have ever had as a school."

*Simon Lockley, Headteacher, Tirlbrook Primary School*

# WHAT HAPPENS DURING A SCHOOL OF KINDNESS WORKSHOP?

Our interactive workshops combine inspiring stories, science, discussion and practical activities to empower children by helping them discover the impact their actions can have on themselves and others.



## 1 DISCOVER

Interactive Presentation



### Children explore

- ♥ What kindness is and why it matters
- ♥ The science of kindness and the impact it has on our wellbeing
- ♥ The power of empathy
- ♥ Inspiring real-life stories from 52 Lives
- ♥ The difference they can make in the world

## 2 CREATE

Kindness Challenge



### Children take action

- ♥ We set a practical Kindness Challenge
- ♥ They use their empathy skills and creativity to make something meaningful for someone in their world

## 3 REFLECT

Celebration & Discussion



### Children reflect

- ♥ Share what they created
- ♥ Reflect on the impact of their everyday actions
- ♥ Feel empowered and amazing!

WORKSHOPS  
AT A GLANCE



SUITABLE FOR  
Years 1-6



DURATION  
Approx 2 hours



DELIVERY  
Face-to-Face  
or Virtual



COST  
Free for schools  
(optional donation)

# CHOOSE YOUR WORKSHOP



Face-to-face or virtual - both completely **FREE** for schools

## FACE-TO-FACE

A facilitator visits your school to deliver the workshop in person



Available in Greater Manchester, Newcastle, and within 1hr of Wokingham.



Can be delivered to a key stage or whole school.



2 hours (this can incorporate your usual breaktime).

## VIRTUAL

The same engaging Kindness Workshop, delivered virtually



Available to primary schools anywhere in the UK.



Led on Zoom by one of our enthusiastic facilitators



2 hours (this includes a kindness activity offline in the classroom, and can incorporate a breaktime.)

## WHAT YOUR SCHOOL WILL NEED



### FACE-TO-FACE

A hall with a screen/projector and craft materials for the kindness activity.



### VIRTUAL

Takes place in the hall or classrooms. You will need a screen / projector with sound, internet connection and craft materials. A staff member stays with the children to answer questions in the chat box and support the kindness activity.

## MEET OUR FACILITATORS



GREIG



KRISH



TANYA



RACHEL



EMILY

# KEEP THE KINDNESS GOING



Your involvement with the School of Kindness doesn't have to end when the workshop does.

Schools can continue to access our **FREE** resources, events and opportunities all year long.

- ♥ Free lesson plans & resources
- ♥ Kindness Challenges
- ♥ Kindness Ambassador Programme
- ♥ Free live assemblies and events
- ♥ National Kindness Awards



“

These excellent workshops are ideal for all schools that are looking to put kindness at the heart of their ethos.

Jonnie Noakes, Director of Teaching & Learning, Eton College

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**READY TO BOOK YOUR  
FREE WORKSHOP?**



scan me

Request your Workshop



[or  
click here!](#)

**52 LIVES**  
SCHOOL OF KINDNESS

The School of Kindness is part of 52 Lives, a charity registered in England and Wales. No: 1166238.



schoolofkindness\_

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