

# Shine a light on... **Kindness**



24<sup>th</sup> May to 21<sup>st</sup> June

**“Be kind, for everyone you meet is fighting a battle you know nothing about.”**

WENDY MASS, “THE CANDYMAKERS”

do good, lend, and  
expect nothing in return  
and your reward will be great

**Luke 6:35**



**“Kindness can become its own motive. We are made kind by being kind.”**

ERIC HOFFER

What the bible says  
about courage.

*Encouraging kindness fosters a supportive environment where everyone feels valued and respected. Small acts of kindness ripple outwards, creating a culture of empathy and understanding within our school and beyond. Therefore, promoting kindness is a fundamental element of our approach to nurturing the children in our school. In today's ever-evolving world, instilling the value of kindness holds greater significance than ever before, as it helps to improve social interactions and emotional wellbeing. Developing kindness prepares our children to emerge as responsible, compassionate, and socially adept individuals capable of making positive contributions to society.*

*In line with our commitment to kindness, we're thrilled to announce an upcoming fundraising event aimed at supporting communities worldwide. Our children will have the opportunity to raise funds through sponsorship for a worthy cause. All funds raised will go to UNICEF to purchase malaria nets for families in malaria-prone regions. Malaria remains a significant health challenge in many parts of the world, and providing mosquito nets is a simple yet effective way to save lives. We invite all students to participate in this meaningful initiative and be part of something bigger than themselves. Together, we can make a positive impact on the lives of others and demonstrate the transformative power of kindness.*

Be kind by starting to collect sponsorships for our fund-raising activity (see separate letter). All money raised will go to UNICEF, to buy malaria nets – something our children have expressed an interest in. Did you know, nearly every minute, a child under five dies of malaria? Let's do what we can to help.

unicef   
for every child

## Use kindness affirmations

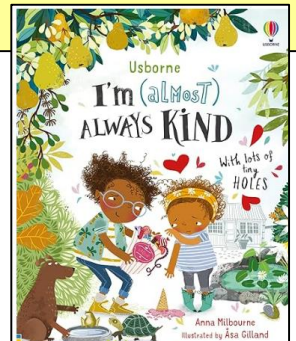
Doing kind acts for others is important, but so is being kind to yourself. Positive affirmations are essential for our children, so why not add kindness affirmations to their morning routine? If children can feel positive about themselves, they will find it easier to be kind to others.

### Here are 5 kindness affirmations for their morning routine:

- Kindness lives in me
- I choose kind words
- Being kind makes me feel good
- I can change someone's day with kindness
- I stand up for others

Why not share a book about kindness. Try this read aloud of I'm (almost) always kind by Anna Milbourne [Kids Book Read Aloud: !\[\]\(a870788d6ed9b8fd294b7654a8c8526b\_img.jpg\) I'm \(almost\) Always Kind – YouTube](#)

Or read the Faith story on our website [Church Hill C of E Junior School - Kindness \(churchhill-jun.leics.sch.uk\)](#)



## Make a Family Kindness Jar

This can be a fun activity for the whole family! Anytime someone sees a family member doing something nice, they add a bean, penny, lollipop stick, or other small item to the Family Kindness Jar.

Watching the jar fill up is a great motivator for children, encouraging them to continue practicing acts of kindness.



Christiano Ronaldo regularly donates large amounts of his wages to children's and cancer charities.

He donates blood to save numerous lives and he stands up for people that he sees being treated poorly.

Find out about someone who is a role model for kindness. Draw a picture and write a paragraph explaining how they show their kindness and the difference it makes to the lives around them. This could be a famous celebrity or someone in your local community. Take the time to present it clearly.