

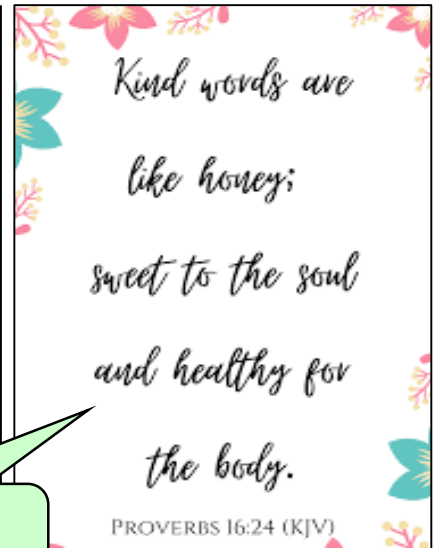
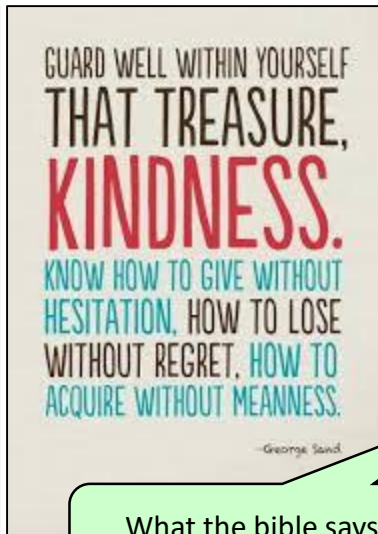
Shine a light

on...

Kindness



Friday 9th June



What the bible says about kindness.

Kindness is a type of behaviour shown by acts of generosity and compassion, without expecting praise or reward. It requires the ability to understand the emotional responses of another. Genuine kindness is about being caring because you want to, not because you feel you should.

It is because of this, that kindness brings huge benefits to everyone. Kindness can help to reduce stress levels, and helps improve your self-esteem. Kind actions activate the joyful area of the brain, and boost well-being.

So there you are, you can make someone feel good, make yourself feel good as a result of your actions, and help those who see what you are doing feel inspired to act kindly themselves!

Here are some activities that you may be asked to complete for your homework. Enjoy being kind. Let's see if we can spot you being kind as you move around school!

Read the book: Kindness is my superpower

<https://www.youtube.com/watch?v=hEjhb3lfwc>

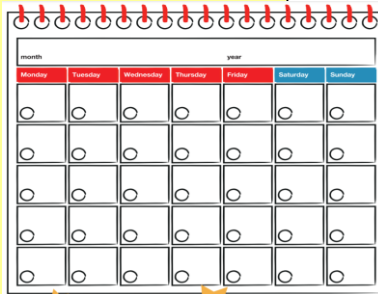


When you are asked a question and you think you might say something negative, practise finding something positive! For example – “Do you like my drawing?”

Remember kindness isn't about doing something for a reward, but it does help you see how much of a difference you have made by keeping a calendar or diary of all the kind things you do!

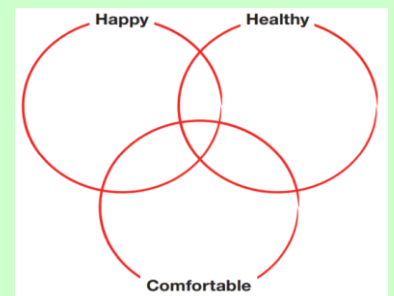


“I like the colours that you have used. It reminds me of sunshine”



Think about the things in your life that make you happy, healthy and comfortable. Create some circles like the ones below. Some things will make you feel happy and comfortable, or healthy and happy. You can write these things in the spaces where the circles overlap. to make a mind-map.

Connect them to the circle with a line.



Use a blank postcard or make a card and create a message of kindness for someone you know. Maybe it can be a thank you for something kind they did for you, or for something they often do that helps you or others.