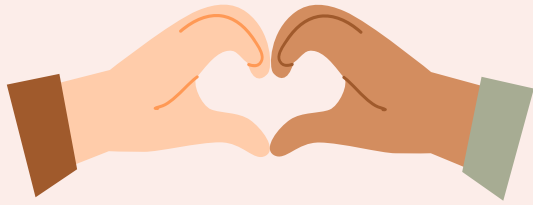


THIS WEEK'S TOPIC IS

PROMOTING KINDNESS



Why is kindness important?

- Kindness creates a positive and safe environment and encourages others to be kind too.
- It is a positive feature of cultures all over the world and makes both the giver of kindness and the recipient feel good which promotes positive mental health.
- Mark Twain once said 'Kindness is a language the deaf can hear and the blind can see' – promoting kindness in our children is truly inspirational.

Random acts of kindness

- Put random acts of kindness on slips of paper in a jar and pull one out each day with your child to complete. Then report back to each other on when you did it.
- Ideas for the jar include
 - Give someone a compliment
 - Do a chore for someone such as washing up
 - Pick up five pieces of litter
 - Write someone a letter of appreciation
 - Donate some pocket money or a toy to charity



Kindness is free

Kindness bookmarks

- Create kindness bookmarks with your children so that they see kindness affirmations all the time.
- Decorate them however you would like, be as creative as possible.
- Leave some at the library or take them into school for friends.
- Some affirmations are
 - Kindness begins with me
 - Kindness is free
 - Choose kindness

The Responsible Behaviour Curriculum