

PSHE

Monday 16th November 2020

Today's lesson is all about...

Kindness

The world is full of kind people... If you can't find one, be one.



On Friday 13th November, it was **world kindness day**.

How have you been kind to people recently?
What have you done to make other people feel special and happy?



RANDOM ACTS OF KINDNESS
FOUNDATION

What Is Kindness?



Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return.

What does 'kindness' mean to you?

*Before you speak, think and be smart.
It's hard to fix a wrinkled heart!*



How Can You Show Kindness?

- Smile!
- Help someone if they fall over.
- Go and sit with someone who is sitting alone (if they want you to).
- Sit next to someone at lunchtime you would not normally sit with.
- Ask someone how they are.
- Pick up litter.



Kindness
is
Magic

How Can You Show Kindness?

- Say good morning.
- Write a letter to someone thanking them for something they've done or said.
- Say something nice to as many people as possible.
- Let someone go ahead of you in the line.
- Hold doors for others.

KINDNESS IS FREE
SPRINKLE
THAT STUFF
EVERYWHERE

ONE
KIND
WORD
Can Change
Someone's
Entire Day

Make the Choice

When you are kind, you make the world a happier, safer place.

You can be kind to everyone - to people who are just like you and to people who are different to you.

You have infinite kindness in you - share it with everyone, every day.



Choose kindness!

Task 1: Watch the new John Lewis advert which is all about spreading love and kindness wherever you go. Make a list of the things that the different people/ characters do to spread love and kindness.



<https://www.youtube.com/watch?v=x2sE2YuheK0>

Task 2: A heart full of kindness

1. Draw a large heart on a piece of paper (or use the template on the next page).
2. On the outside of the heart, write down the ways that you can show kindness to others and the world around you.
3. On the inside of the heart, write down ways that you can show kindness to yourself.
4. Underneath your heart, answer the following questions:
Why is important to be kind to others?
Why should you also show kindness to yourself?
How do you feel when others are kind to you?

Miss Robertson's example:

Smile at others

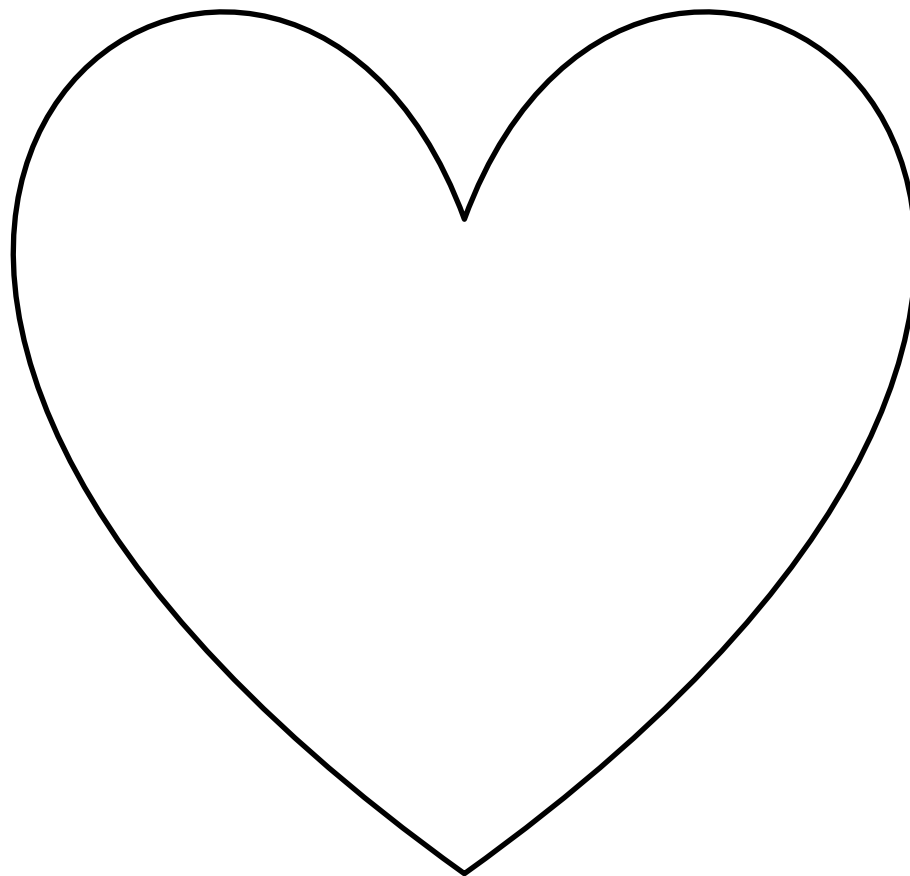
Offer to help people



Help parents at home



My heart full of kindness:



Think back to the story of 'Finding Winnie' by Lindsay Mattick. In that story, Harry showed great kindness towards Winnie. Because of what Harry did, Winnie led a life filled with love and care.



One way of being kind is to show '**compassion**'. Compassion means understanding and sympathising with the suffering of others and wanting to do something about it.

Do you remember what Lindsay Mattick said in her book trailer?

She said that she wanted her readers to take one thing from reading the story:

She said:

We can never truly know the impact that one small loving gesture will have on the world.



Task 3: What did Lindsay Mattick mean?

Task 4: Draw and write about someone you have seen showing compassion and how you can be compassionate.

Compassion is one of our Gospel Virtues.

loving
hopeful
attentive
faith-filled
generous
eloquent
intentional
learned
prophetic
truthful
curious
wise
grateful
discerning
compassionate
active

Think of a compassionate person that you know.
Draw a picture of that person doing a compassionate deed.

Harry's
compassion
for me led me
to a life filled
with love and
kindness.



How could you show compassion to a classmate who feels left out at school? Write two ways.

1.

2.

I would love to see your hearts full of kindness 😊
You are all such loving and kind children.
Please send them to me at year2@st-jo-st.dudley.sch.uk

Thank you for working so hard this week.

Thank you!
