

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



On Friday 13<sup>th</sup> 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

**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>