

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.

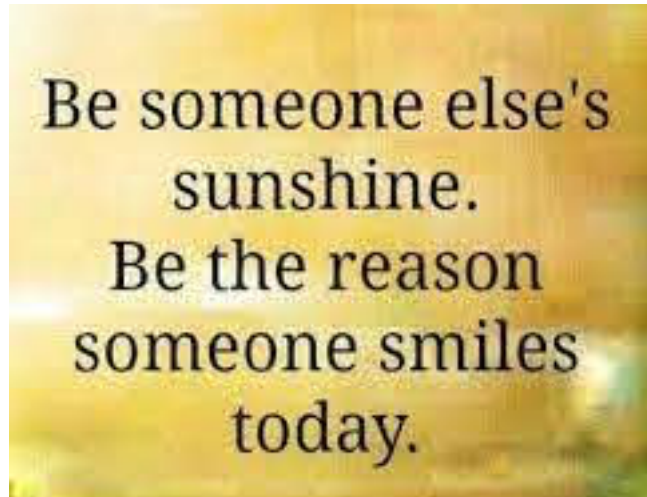
**What does 'kindness' mean to you?**

*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

# 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

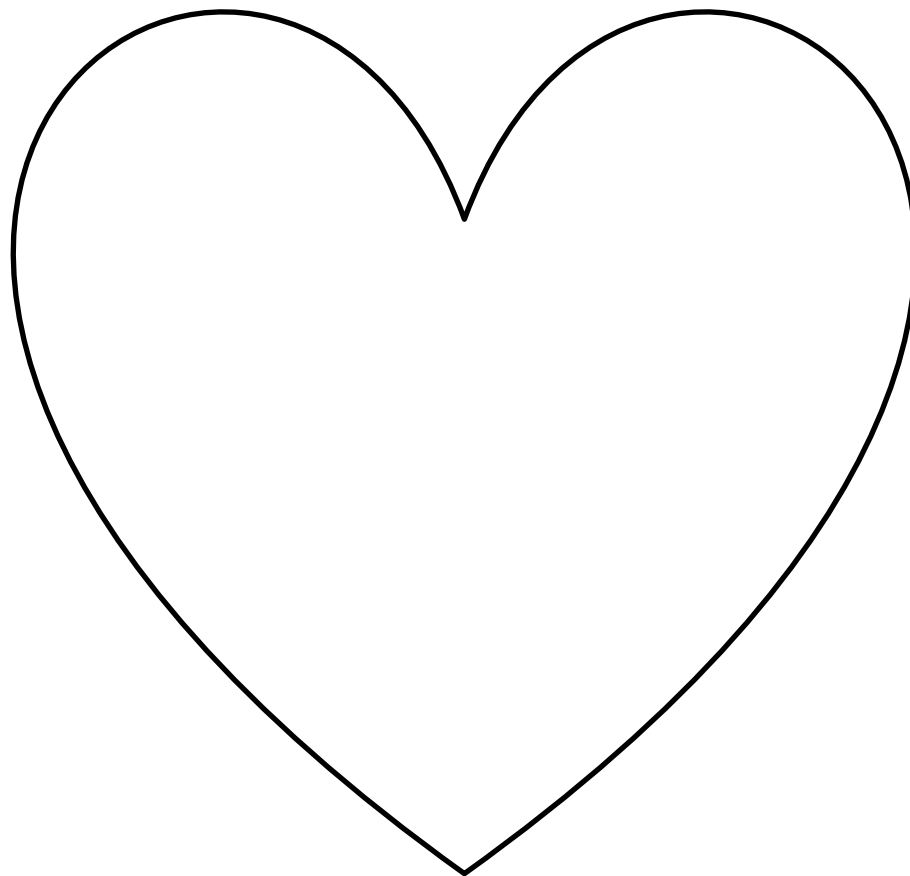
Offer to help people



Help parents at home



**My heart full of kindness:**





I would love to see your hearts full of kindness 😊  
You are all such loving and kind children.

Please send them to me at  
[yearthree@st-jo-st.dudley.sch.uk](mailto:yearthree@st-jo-st.dudley.sch.uk)

Thank you for working so hard this week.

Thank you!  
