

Inside Out Day: Kindness Resources

Key Stage 1

Introduction for Teachers

Why We Teach Kindness

- Teaching children to be kind helps them begin to think about others and develop empathy.
- When we receive kindness we feel better about ourselves and others. Kindness contributes to a positive view of the world.
- When children look for ways to be kind, they develop problem solving skills and the ability to change things for the better.
- Practising kindness helps children to have positive friendships and relationships.
- **By teaching kindness, we develop positive mental health.**



Session Plan

Aims for Children

- **For children to think about the theme of 'Inside Out Day': We don't always know what people are feeling on the inside, so we need to remember to be kind**
- To enhance children's emotional literacy by exploring feelings and how we express them
- For children to think about the different way that we can be kind
- For children to think what it feels like to be kind and for someone to be kind to them

What does the session include?

Total: 30 mins

1. Intro & rules **5 mins**
2. Emotion game: Emotion Boogie **5 mins**
3. T-shirt Activity **15 mins**
4. Sum up activity on kindness – How do we care for others? **5 mins**
5. T-shirt washing line display **(after the session)**

Introduction & rules

5 mins

The teacher explains that this session is all about why we are doing Inside Out Day.

"Today we will be thinking about why it's important to be kind, what it feels like when we are kind and when others are kind."

The teacher explains that in this session we will be thinking about feelings. The teacher reiterates their usual class rules to include:

- One person speaks at a time (put your hand up)
- Listen to what others have to say
- Don't make fun of what other people say - in the session or afterwards

Emotion Boogie

5 mins

- Teacher plays some music*
- Whole class dancing in their own spaces in the room
- Teacher calls out "Boogie Happy" and children in dance in this style
- Teacher comments on how children's body language has changed to demonstrate that they are happy, "I'm seeing jumping, smiling faces, arms swinging"
- After 10 seconds teacher calls out "Boogie..." and another emotion. Suggested emotions to use: Sad, scared, angry, excited, frustrated, lonely, surprised

*Suggested Music: Marc Bolan & T. Rex "I love to Boogie" but any upbeat music can be used.

Covid-19 Restrictions: If children are unable to move around the room this activity can be done standing at their desks.

The teacher sums up:

"In our emotion Boogie we could see what everybody's feeling was. Sometimes we can't see what somebody is feeling and their feeling is on the inside. Sometimes how someone feels on the inside can be very different to how it looks on the outside."

T-shirt Activity

15 mins

The teacher hands out the worksheet and explains, *"Today you are wearing something inside out. This reminds us that we can't always see what someone feels on the inside so we must always be kind."*

"On our t-shirt worksheets, we are going to draw feelings. You can choose as many feelings as you want. This can look like anything you want. Only you need to know which feelings you have drawn."

The teacher encourages the children to take their time and use lots of colours.

Resources

Music (emotion boogie)

T-shirt worksheet

Coloured pens/pencils

Conversation on Kindness

(While children are drawing the teacher can begin a conversation)

Some suggested conversation starters:

- What different ways can we think of to be kind to others?
- How do we feel when someone is kind to us?
- How do we feel when we have done something kind for someone else?

"Kindness is important for all of us. When we are kind, we notice other people, we think about how they feel, we include them in our games. When we are kind, we look for ways to help people and make things better. When one person does something kind, it reminds the next person to be kind. Kindness can bounce from one person to another".

What can we do to be kind?

5 mins

The teacher asks the children to write something they can do to be kind on the label on the side of the t-shirt. If there is time children could also cut out their t-shirts. The teacher explains that their t-shirts will be hung up on a class washing line.

Washing line display

(after the session)

The teacher creates a 'washing line' display by pegging the t-shirts on a washing line or pinning the t-shirts in a line on the wall. This creates a visual reminder for the children of their learning and a sense of connectedness for the class as a whole.