

This year's theme is "Growing together" so we felt that a whole class activity with discussion, ideation, and a mission would be rather suitable!

The activity is designed by teachers for teachers, we know time is precious, so there is nothing to print and just a few easy to find resources required.

**Kindness** is contagious, and it has the potential to make the world a better place.

Practising kindness may also have many benefits, such as lowering pain levels, relieving stress and anxiety, and increasing life expectancy. **When we show kindness, we are healing others and ourselves at the same time!**

## Here is a list to spark inspiration for your kindness lesson.

Just a few ways to show kindness every day:

- The simple act of saying please and thank you.
- Point out when someone's shoe is untied, or their backpack zipper is open.
- Greet your neighbours when you see them.
- Say hello to a classmate you don't usually talk to
- Donate to your classroom library books that you no longer read but are in good condition.
- Invite a schoolmate to sit on their own to join in your game.
- Say something nice about someone, just because.
- Write a small note of thanks for someone who has done you a favor.
- Wash the dishes at home without being asked.
- Let your brother or sister choose the TV show
- Speak up for someone that others aren't being kind to at school.
- Read a story to someone who has read a story to you.
- Write a note to a distant relative and send it in the post.
- Keep a journal and write a happy thought in it every night before bed.
- Bake cookies for your teacher.
- Wave at kids driving by on a school bus.
- Donate toys you no longer use to a local shelter.
- Thank your teacher for being patient teaching the class today.
- Smile at everyone.
- Pick up some additional food items when grocery shopping and donate to the food bank.
- Sit next to someone you don't normally eat lunch with.
- Tell your sister/brother that you love her/him.
- Count to 10 in your head to avoid yelling at someone when you get angry.
- Ask mum/dad/caregiver how their day went.
- Pick-up litter you find outside, around your house.
- Forgive someone who did something you didn't like.
- Hold the door for someone.
- Share a riddle with a fellow kid (or adult!) to cheer them up.
- Carry an extra granola bar or Kind Snack with you to give to a homeless person you pass.
- Clean your room without being asked.
- Use kind words when speaking to others.
- Give positive feedback in class when someone is making a presentation.
- Leave kindness rocks in the park or playground.
- Start a compliment jar or positive memory jar for your family.
- Get out of bed on a school day when your parents wake you, without complaining.
- Give someone you care about a hug.

# And don't forget kindness to ourselves, and kindness to our wonderful earth!

Just a few ways to show kindness every day:

## Planet

Recycle.  
Choose a carton rather than plastic.  
Compost.  
Eat a vegan diet once a week.  
Grow one item of food.  
Convince your family to walk (rather than the car)  
Support brands that consider the planet.

## Ourselves

Don't be so hard on yourself.  
Write down your top three best qualities.  
Journal about your happiest moment today.  
Take a nap.  
Avoid sugar.  
Eat all the colours of the rainbow.  
Practice positive self talk.  
Practice Mindfulness



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Check out some of our free content on youtube:  
Introduction to mindfulness: <https://youtu.be/M2ImpaXSDDw>  
Intro part two: <https://youtu.be/h8lhLEN2SGo>

A couple more examples:  
What is Self Talk: <https://youtu.be/-7Ox80-1FYI>  
Positive vs Negative Self Talk: <https://youtu.be/nkeTnuZkMkg>

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Primary School



St Peter's  
Primary School



Hangleton  
Primary School



Benfield  
Primary School



Patcham  
Primary School



St Andrew's  
Primary School

“

Emma helps me when I have  
problems with my friends

## Child's voice

It's our special time  
as a whole class

I love drawing in my self-care  
journal and the activities that  
Emma asks us to do

