



AN INTRODUCTION TO KINDNESS

EARLY YEARS FOUNDATION STAGE

Learning outcome:

Pupils will understand what 'kindness' means, learn the three key types of kindness, and why kindness is so important.

Resources:

Powerpoint "Kindness"

INTRODUCTION

Use the PowerPoint to support this lesson plan.

Say to children, that there are lots of different types of kindness.

- What do they think kindness is?
- What examples can they think of?

Talk about some of those things and why they think that they are examples of kindness.

Tell them that kindness is all about being friendly, thoughtful (considerate) of others and generous. Being generous can look like sharing something like a toy, or spending time with someone.

MAIN ACTIVITY

Tell children that there are three main types of kindness:

- **Kindness to others** (do an action to represent this eg. hands in a heart shape and then reaching out for others)
- **Kindness to yourself** (do an action eg. pointing to yourselves)
- **Kindness to the planet** (do an action eg. making a circle starting from above your head)

1. KINDNESS TO OTHERS:

Put children in pairs.

Now without elaborating or giving them examples (if possible!), ask children to do something kind to their partner or show them a kind movement/gesture. See what they do (it might be a smile, they might hold their hand, or say something nice, or give them a compliment – they will probably do a range of different things). Then ask children to sit down again. (You can discuss boundaries of what children are happy with, as you will know your class and what kinds of actions will be appropriate).

Ask them:

**WHAT DID YOU DO
WITH YOUR PARTNER?**

(Collect some ideas on the board.)

**HOW DID YOU FEEL
WHEN YOU DID
SOMETHING NICE WITH
YOUR PARTNER?**

You see, when you are kind to someone, it helps you to feel good too!

2. KINDNESS TO YOURSELF:

Did you know that you also need to be kind to yourself?! It is called self-care or self-kindness!

Do you know any ways to be kind to yourself?

See what children answer and then you can also go through these ideas with them (use the PowerPoint for supporting images):

- Movement (do 5 star jumps) or mime riding a bike
- Relaxing (have a try at a yoga pose eg. the tree pose!)
- Breathing calmly and deeply (do some 'take 5' breathing – where you breath in and out as you trace the fingers of one hand with the index finger of the other).
- Being mindful eg. mindful colouring or noticing what is around you
- Spending time in nature
- Spending time doing what you love

1. KINDNESS TO THE PLANET:

The third type of kindness is about being kind to our planet.

How might we do that? (ask class then praise their brilliant ideas!)

Yes, we can look after our planet by: (Powerpoint has supporting images)

- Putting our litter in the bin
- Walking/Scooting/Biking rather than taking the car
- Recycling
- Growing plants
- The list is endless!

But WHY?!

We have a BIG important question:



(Listen to answers, but yes – it is because it will make our world a nicer place, a better place – a friendly place to live where people look after themselves, each other and the planet).

And remember, when you are kind to others, it also helps you to feel great too!

Did you know that Kindness can change the whole world, and it starts with really small things – with the small choices that we make every day. There are many people who have helped to change the world with acts of kindness. (Maybe you can explore and research some as a class?)

Activity task for children:**What small act of kindness can you do today to be kind, to start changing the world?**

Children can choose HOW they show you – it can be in the construction area, in role play, drawing, making, doing something outside – but they need to communicate to you about what small act of kindness they will do to start changing the world for the better.

You can then take photos of what the children do – they can even write sounds or captions against their photo on a different day! It would make a fantastic display or even class book!

Extra lovely resources you may like:

(Note: These are Youtube videos and therefore, check that they work in your school and be aware they play adverts at the beginning)

Book:

Be Kind by Pat Zietlow Miller

<https://www.youtube.com/watch?v=kAo4-2UzgPo>

Video:

Colour your world with kindness

<https://www.youtube.com/watch?v=mdA2sByFX1I>

