

Kindness

ILT - Demonstrate different ways to be kind to others.

SC - I can describe an act of kindness.

- *I can discuss how it makes me feel when I show kindness to others.*
- *I can discuss how I think it makes others feel when I am kind to them.*

During lockdown it is important that we all support one another. Showing kindness to others is a positive way to do this and it makes you feel good as well as well as the person that you have been kind to.

This week create a Kindness diary. Each day write down something that you have done to be kind to someone in your family. The kindness cards are little ideas to inspire you and help you along the way.

Think about the positive impact this will have on others. How do you think they felt when you offered to help them with a job around the house or made them a drink or a snack?

Think about how it made you feel? Did you feel appreciated?

Here are some examples of little acts of kindness that cost nothing but have a positive impact of yourself and others.

If you want make a little note about the response you received.