

Draw a cartoon of someone being kind or make a short film/drama.


Ask someone to pick a number, then ask them the question.

1 How can we be kind to other people?	2 Is it ever okay to be unkind?
3 Does everyone deserve kindness? Why/why not?	4 Can being kind make us happy too? Why/why not?

LIVE LIFE TO THE MAX

# 04. Kindness

This week we learned:

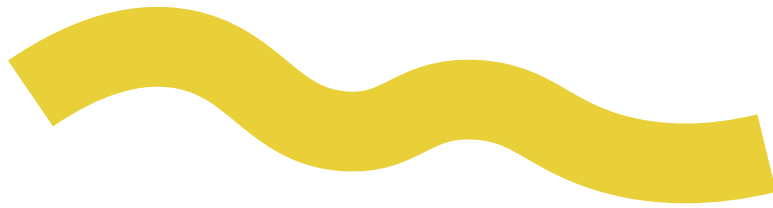
1. Kindness can include kind thoughts, words, and actions.
2. Kindness is about doing good things for other people and saying nice things to other people.
3. Kindness makes us happier.

Why not tell one person at home what you learnt about kindness today!



Watch the film again

[www.1010.org.uk](http://www.1010.org.uk)



# Activity

Experiment with these ideas and see what difference it makes to you in this next week!

Circle the face that matches how you feel after trying something this week.



Tick if you've done it!

### 1. Challenges with people you know

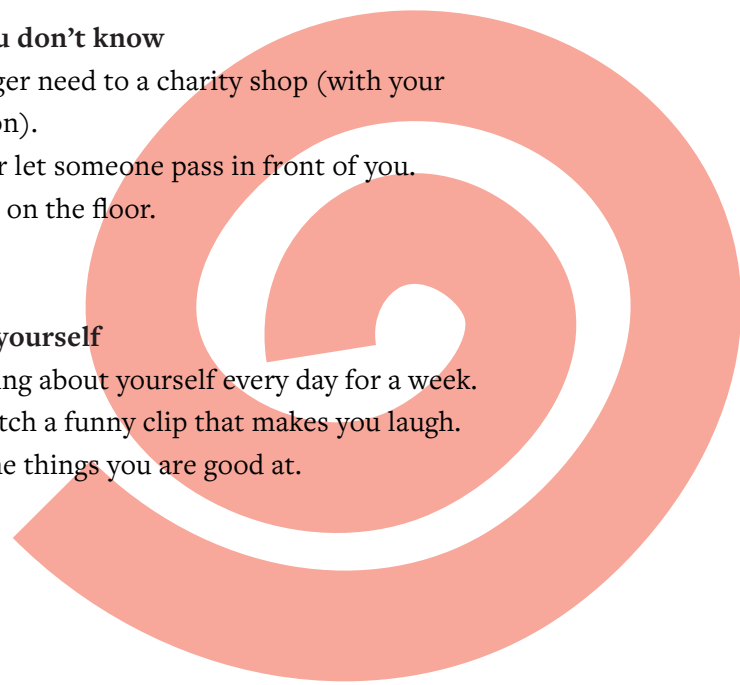
- Write a thank you note to someone
- Smile and say "hello" to everyone you know this week.
- Do something practical to help out at home.
- Invite someone who is on their own to play.

### 2. Challenges with people you don't know

- Take something you no longer need to a charity shop (with your parent/guardian's permission).
- Open a door for someone or let someone pass in front of you.
- Pick up rubbish if you see it on the floor.
- Place kind notes in places.

### 3. Challenges you can do for yourself

- Write down one positive thing about yourself every day for a week.
- Take a laughter break — watch a funny clip that makes you laugh.
- Write yourself a list of all the things you are good at.



What is happening in the pictures.  
How are they showing kindness?

