

Keeping my kindness going

Keep a journal - write down one kind thing every day that you did for someone else each day. At the start of the week, students can share their acts of kindness with the class or pair up to discuss their entries.

A spiral-bound notebook with a black cover and a white page. The page is ruled with horizontal lines. The spiral binding is on the left side. The notebook is set against a light blue background with decorative elements like stars and hearts.

Kind Hearts

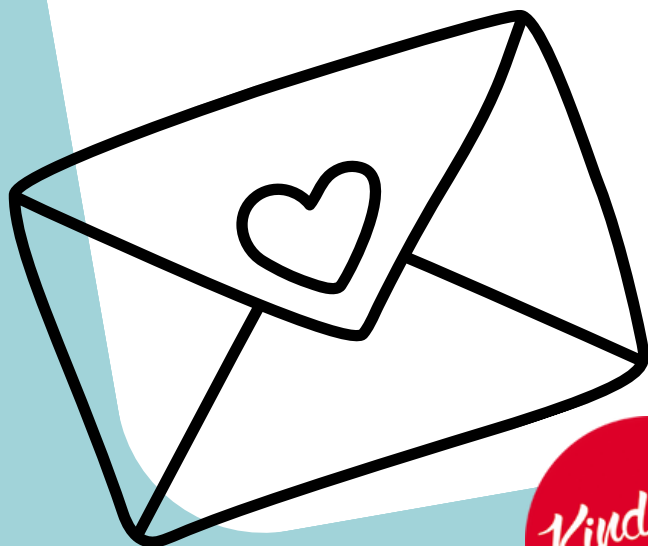
A Kindness Culture at Home

1) Create a calendar with a new act of kindness for each day (or week). Ideas could include making someone's bed, telling a family member you love them, or doing a chore without being asked. Display it at home for all the family to see and join in with.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

2) Decorate a jar as a Kindness jar - when you see or do an act of kindness write a note on a paper and pop it in the jar - see how long it takes for your family to fill it. Upload a photo of your jar.

3) Write some thank you messages - create a Thank you card with the messages on for members of your family.



Kind
Hearts

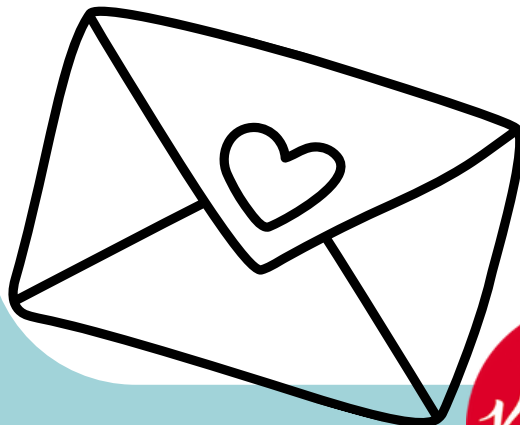
A Kindness Culture at School

1) Create a Kindness grid - squares on a card, with acts of kindness written in each square (e.g., "helped a classmate," "said something nice," "held the door for someone"). Lightly colour or tick off the square when you carry out that act - see how long it takes for you to complete the card.



2) Challenge yourself to perform one random act of kindness each day for a week. Record the act of kindness you did.

3) Write short thank-you notes to classmates or teachers. They can express gratitude for small acts of kindness or simply acknowledge something they appreciate about someone else.



Kind
Hearts

A Kindness Culture at School

4) Read through the list of kind acts that could happen at school - record those that do happen and those that don't. Choose one and make a plan to make it a part of your school culture. How will you remind others to do it?

Acts of Kindness - for the Class and School

1. Students will hold door open for someone to come through before them.
2. Teachers are given compliments and smiles.
3. Students invite new students to play/ talk at break time
4. Thank you notes are often written to staff members
5. Students pick up rubbish without being asked
6. Students are helpful to the teacher
7. Students often invite someone different to sit with them at lunch
8. The magic words of Please and Thankyou are always used
9. Students often help other students with their work
10. Students always smile at people , especially those who aren't smiling
11. Students always say "Good Morning " to others when arriving at school.
12. Students always say "Hi "to others they pass in the playground
13. Students often sit along side others who finds school work hard and help them
14. If someone drops something—other students will pick it up for them
15. Students support anyone who looks upset
16. Students will stop during a game to help someone that is hurt
17. Students encourage others during sports
18. Students are kind to everyone even if they aren't their friends
19. Students compliment others on their acts of kindness
20. Students smile and welcome visitors to the school.

Kind
Hearts