



Kindness

We all have big and difficult feelings from time to time. We may recognise these feelings in ourselves and others. Big feelings sometimes lead to changes in behaviour which can be difficult to see.



Noticing a friend's difficult feelings can show you care. Being with them and not giving up on them can help. Kindness and caring doesn't mean having to 'fix' big feelings. Being kind can be beneficial for the giver and the receiver.



Sometimes it can feel easier to be kind to others than ourselves. When we are having a difficult time or not feeling that others are being kind to us, it is especially important that we are kind to ourselves.





As you will know we spoke to our classes about kindness and these are some of the things that children in Years 3 and 4 had to say...

Why do you think kindness is important?

It stops people feeling sad.

It makes people happy
but also it is good for
your mental health.

If it wasn't important
everyone would be in the
red zone.

**It let's everyone be
who they want to
be.**

What acts of kindness could we do in school?

Smile



Include don't exclude

HELP YOUR TALK PARTNER

LOOK OUT FOR PEOPLE

Stop people feeling lonely

Help people respect
everyone and everything

Join lonely people

What do you think a Kindness Super Hero would do?

- Look after people
- Be nice, gentle and kind
- Make sure no-one is left out
- Help people who are stuck
- Help the environment
- Help people when they need respect
- Make sure everyone is safe
- LISTEN TO PEOPLE
- Make people feel good about themselves
- Help others be kind
- Model kindness

Your school councilors are kindness super heroes!

