

Random Acts of Kindness



Ask the children to sit quietly, close their eyes and listen to your voice. Ask the children to think of the last time someone in the class did something kind for them. This could be lending a pencil parer; helping in PE; a compliment on a job well done; a compliment on work well done; someone saying thank you for something you did; listening carefully.

Ask the children to think about how little acts of kindness make them feel - usually when people are kind it could make us feel happy, warm, relaxed, appreciated, or content.

Next, ask them to think about something kind they could do for someone in their class. Ask them to imagine themselves doing it and how it will make them feel and how the person

to whom they are being kind will feel. Let them dwell on this image for a moment or two. Now ask them to think of another way of being kind. Ask them to imagine this as well, where they will be, how they will stand, what they will say...

Tell them that from now on we are going to make sure to do lots of acts of kindness for those in our class. We'll try to be kind to someone different every day so that everyone takes part.

Ask the children to take a deep breath and open their eyes.

**Walk Tall,
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