

# Kindness Activities

How many of these can you complete at home?

## Kindness compliment ripple

Explain to your child how kindness creates a ripple effect. Kindness grows kindness. Discuss how we can show kindness by giving someone a compliment about how they've made you feel or how they have behaved. This could be through an email, a letter or a phone call.

**Try this:** notice how you feel when someone gives you a compliment

## Kindness can be difficult

Is it always easy to be kind? Share examples of when it can be difficult. For example if you are in a rush or if you worry what others may think of you. Explain that these situations can be called a dilemma. Can you create an acrostic poem using each letter of the word 'dilemma' to start each line which gives key messages about what to do when it's difficult to be kind?

**Try this:** notice when you find it hard to be patient

## Why be kind?

Discuss the motivations for being kind. Is it for a reward? Is it a rule? Is it to make someone like you or is it to make someone feel good? There are so many reasons to be kind! Rank the different reasons from what you think is the best to the worst reason to be kind.

**Try this:** smile at someone in your house or on the street and see what happens. How far can you make the kindness spread?

## It make you feel good!

Being kind it can make us and others feel good. Can you record all the ways you have been kind and what other acts of kindness people have shown you. You could create a heart paper chain to display all the acts of kindness.

**Try this:** Think about the different jobs adults do. How does being kind play a part in their job?

Share your random actions of kindness with us at [admin@poolespark.islington.sch.uk](mailto:admin@poolespark.islington.sch.uk)