

## Kindness

We are kind to ourselves and each other.

This part of our EJ Way is really important right now. Our lives have changed a lot in the last few weeks and you might have lots of different thoughts and feelings about being at home and not being able to come to school, see your friends, or do all the other things that make you usually so busy. Our PSHE for the next few weeks until half term is all about kindness. There are a few activities on the sheet for you to choose from, and they are all about being kind to others as well as remembering to be kind to yourself too.



### Acts of Kindness

You have been doing kind things over the last few weeks by staying at home to

protect others, but it's always great to do more!

Can you think of 5 kind acts that you can do over the next few weeks? Write them down and tick them off as you do them.

If you want to, you could print the 'power of kindness' calendar and write your kind acts on that.

### Be kind to YOU!

What makes you happy? Doing these things helps you to be kind to yourself.

Take some time each day to do the things that you really like to do. Read a book, play or

listen to music, sit in a den you have made, play with a pet...whatever makes you happy!

If you want to, you can create some art to show the things that make you really happy and the things you do to be kind to yourself.



### Being calm and relaxed

One way to be kind to yourself is to think of ways to calm down and relax when you are finding yourself feeling a bit worried or anxious.

What do you do to relax and clam down? Maybe you colour in, or do special exercises.

Think of things that you can do to calm down and relax, either on your own or with family members.

If you like, you could make a poster to remember all the things you can do to become calm and relaxed.



### Scrap book of kindness

You will have done lots of kind things, but have you noticed any kind acts in your neighbourhood or in the news? Next time you see a kindness story, print it out or write about it. You could end up with a great 'scrap book of kindness' to share and look back on.



### Continue to be kind!

Of course it's not only important to be kind to ourselves and others while we are at home, we need to continue to be kind once our routines get back to normal!

What makes people kind?

Create some work to show how to be kind...always.

Make a poster, some art work, a story, a poem...or whatever feel like making!

CHOOSE  
Kindness



### Acts of kindness

Can you design a certificate to give to someone who has been kind?

How many certificates can you give out in a week?

\_\_\_\_\_ was kind to me today.  
They were kind because they \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
From \_\_\_\_\_