

Kindness in the City

Resource 1

Discussion Points

1. What is kindness and why is it important?

2. What stops people from being kind?

3. Can you think of something kind that someone did for you lately?

4. What do you think are the benefits of being kind?

5. Do you think adults are kinder than children or children kinder than adults?

6. When someone puts up with other people being unkind to them a lot, what do you think happens to them?

7. What is something kind that you did today?

8. It is World Kindness day on November 13th.
How do you think you could celebrate it?

An easy way to be kind is to think of someone who did something important to you that you never thanked. Remember it clearly. What did they do? Why did it matter? How did it make you feel? Use the paper below to write a gratitude letter. In your letter, it is really important that you tell the person why it mattered to you.

Dear _____

I am writing to say thank you.

Thank you for reading.

With lots of love

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Resource 3

Random acts of kindness

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A wonderful way to improve both your happiness and the happiness of others is to complete a kindness campaign. Below is a group of different activities that improve kindness in your community and support happiness too! Why not try to do at least one a day? Can you make up your own?

<p>Secret Angel Everyone in the class/school has a person that they are kind to for a week. They can leave them letters, or give compliments or just look after. At the end of the week you can find out who you had!</p>	<p>Gratitude letter See attached for template. Write a letter to someone to thank them for something good they did.</p>	<p>Meditation Take 5 minutes each day to sit quietly and think of the things that we are grateful for.</p>	<p>Time to talk Spend 5 minutes in the day talking to someone new. Find out some things about them like their favourite music.</p>
<p>Help out When you're at home, choose one thing to help out with that evening. Just do it and see if people notice.</p>	<p>What is your idea? _____</p>	<p>Sing Singing is proven to help bring people together and make them happier. Spend five minutes learning a new song.</p>	<p>Dance Dance is a form of exercise that helps people to build friendships and kindness. Spend ten minutes learning a new dance.</p>
<p>Draw your feelings Spend half an hour drawing all the different feelings that you have and then share it with someone you trust.</p>	<p>Notice When you're in the classroom, take time to notice who looks like they need a kind word and find something good to say to them.</p>	<p>Hope Talk to someone about what you hope will happen in the future.</p>	<p>Listening Split into pairs and one person to only really listen to the other. Don't share just ask QUESTIONS. How does it feel? Swap over</p>

How do you feel at the end of this week? What is it like in the classroom as a result?

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Resource 4

Use the table below to collect stories of times that others had been kind to you and your friends. Write them down in the table and then

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use the able to create a city. Imagine a city that was based on the kindnesses that people did for one another. What would it look like?

