



PSHE

Kindness



Lesson 1 : **Be kind**

Whether it's towards a close family member or a complete stranger, showing kindness makes us feel happier too!



Why do you think being kind to other people can improve our own wellbeing?

There are many ways to be kind.

How many ways can you think of?





We could use our head, heart, words
and actions.



Activity

Head – I can have patience and think kinder thoughts

Your example:

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Mouth – I can use kind words to brighten another person's day

Your example:

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Heart – I can be kind to myself

Your example:

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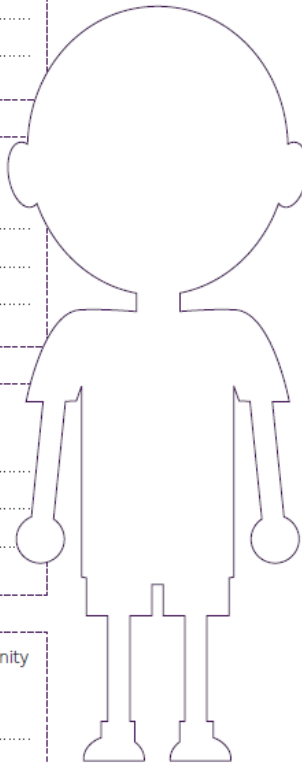
Hands – I can use my actions to be kind to my family, my community and my planet

Your example:

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Complete the diagram and come up with examples of different ways that you can show kindness - and don't forget that being kind to yourself is just as important.

Once you have finished, why not colour in the person template below.