



# **PSHE**

## **Being Kind**



## Lesson 2

Right now, we are all getting used to living in a different way.

Many of us may be missing our friends, relatives, teachers and normal routines.

That is why it is more important than ever to show kindness to our parents, carers, siblings and neighbours.

Kindness helps us all to feel more connected and making someone smile can brighten up their whole day!



We have seen lots of amazing acts of kindness in recent weeks, from Captain Sir Tom Moore raising money by walking around his garden, to the whole country coming together to clap for NHS heroes on a Thursday night.





# Activity

We would like you to set some kindness goals for the week - you can use the *Kindness Goals* worksheet to note them down, or your own piece of paper.

Premier League Primary Stars

The Challenge  
Kindness Goals

Premier League  
Primary  
Stars

Date ..... First name .....

Being kind is important because .....

My kindness goals for this week are:

Goal one:

☐ Goal scored!

Goal two:

☐ Goal scored!

Goal three:

☐ Goal scored!



# Some ideas

## **You could:**

- make an effort to speak kindly to your sibling
- help out your parent or carer by doing a household task: set the table for dinner, make your bed, feed a pet
- help your family with shopping for an older person who may not be able to go outside
- make a thank you card or write a note for someone who has helped you - this could even be for the postman / postwoman or waste collector.