



PSHE

Year 5
Week 4



KINDNESS

- Time to revisit happiness and kindness – how are we doing?



Why should I be kind to others when people always talk behind my back?





- Because you're trying to take the higher road. Don't respond to bad with bad, but with good. This sets you apart.



Kindness

Do I have to be kind even when some people never appreciate my kindness?





Kindness

- Being kind for the sake of being kind doesn't require appreciation in return.
- If you place a condition on kindness, then it's not really being kind.



Kindness

- How can I be kind when I am shy?





Hidden act of kindness

- Try performing a hidden act of kindness.
- Leave a card for someone without them knowing.
- Or save time for someone by doing them a favour.





What are kind qualities?

- Think or write some kind qualities.



Developing Kind Qualities

Be present.

Be a good listener.

Be optimistic

Be polite

Be grateful.

Be friendly.

**Be compassionate
toward others.**

Don't expect perfection.

Share.

**Don't be kind for the
sake of getting what you
want.**

Smile more

**Take an interest in
people.**

Don't judge

**Do a random act of
kindness.**

**Be kind to everyone, not
just people "in need"**

Care for others genuinely

Be kind to yourself

**Learn kindness from
others.**



And finally...

- How are you going to be a kinder person?
- What random act of kindness can you do today?
- How can you be kind to yourself?
 - What are 3 good things that have happened today? Ask yourself this everyday!