



Whole School PSHE Kindness



Lesson 1 : **Be kind**

Whoever we are being kind to,
showing kindness makes the person
we are being kind to feel happy and
makes us feel happier too!



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

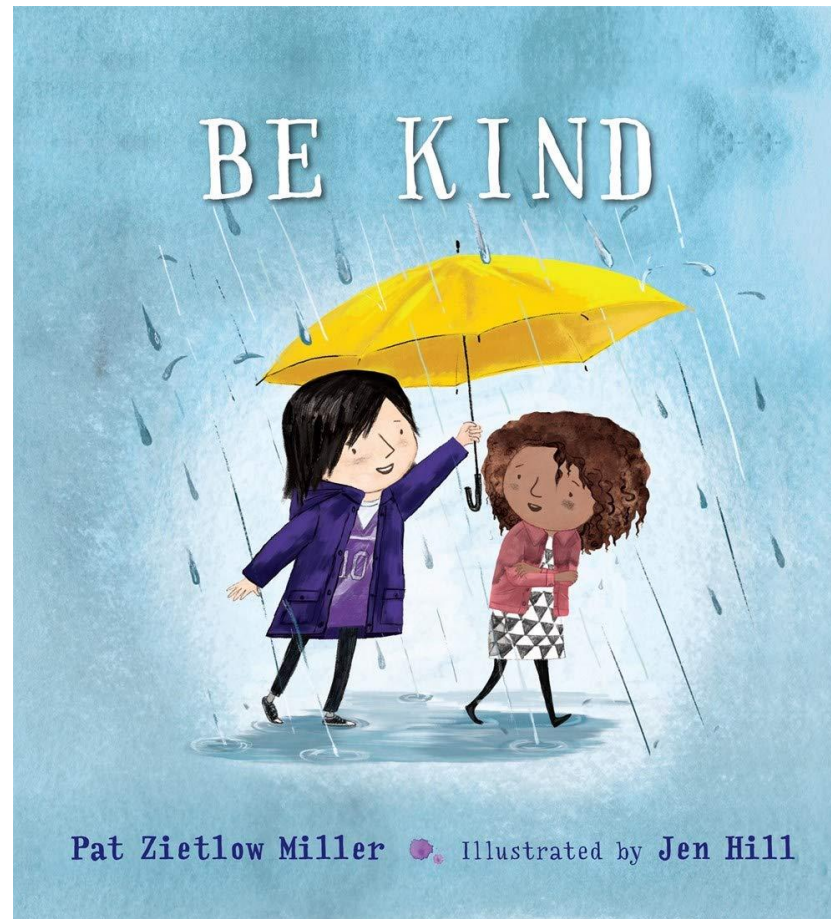
There are many ways to be kind.

How many ways can you think of?





We could say kind things or do kind things. What can you think of?





Activity

Draw one thing you can do to be kind.
Who will you be kind to?

Write one thing you could say to be kind.
Who will you say it to?