



# **Whole School 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.

This week we have been thinking about 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 are going to think about how we can be kind to the people who help us at school

e.g. Have you noticed the man who is cleaning our classroom at lunchtimes?

How hard must it be for the cooks having to put every lunch in boxes so you can eat your lunch in the classroom?

Who else can you think of who is kind in school?



# Some ideas for home learners

## **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.



## For school learners

- We will make a kindness card for someone in school.
- Each of you will draw a small picture to put on class card.
- As a class, help your teacher to write a message in the card.