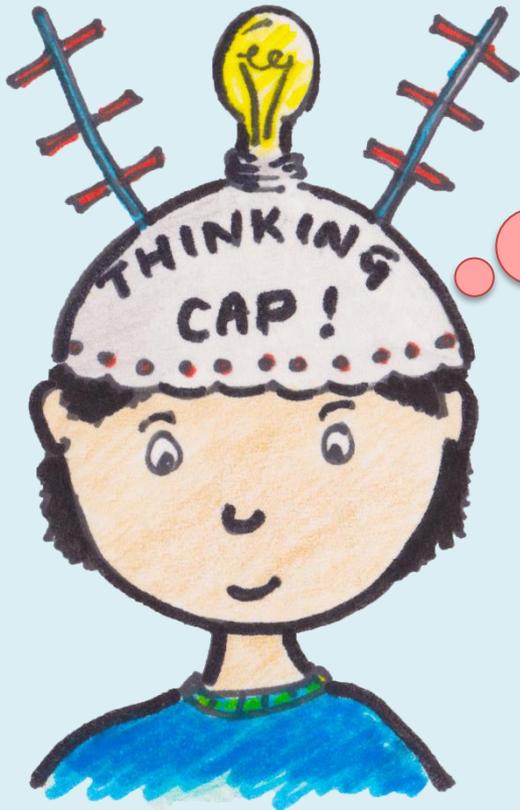


Let's talking about the different ways
that we can be kind to others



The Linking
Network

Imagine a world
where everyone is
kind. How can we
make that come true?



The Linking
Network

"There are lots of good ways to be kind"

Can you think of any good ways to be kind? This could include ways to be kind to your family, friends, neighbours, animals and the world. Can you make a list?

Ways to be kind



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Network

Here are some ideas of things you could do today to show kindness to others:

Share your toys/games with the people you live with

Offer to help someone do something

Call/message a friend or a family member and give them a compliment



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There are lots of great ideas as to ways we can all be kinder. What else can you do to be kind today? Why don't you make a list and challenge yourself (and your family) to do as many things as you can on your list!



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Kindness Jar



You could make a Kindness Jar for your family to encourage even more kindness in your home! What could our Kindness Jar look like?



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Kindness Calendar

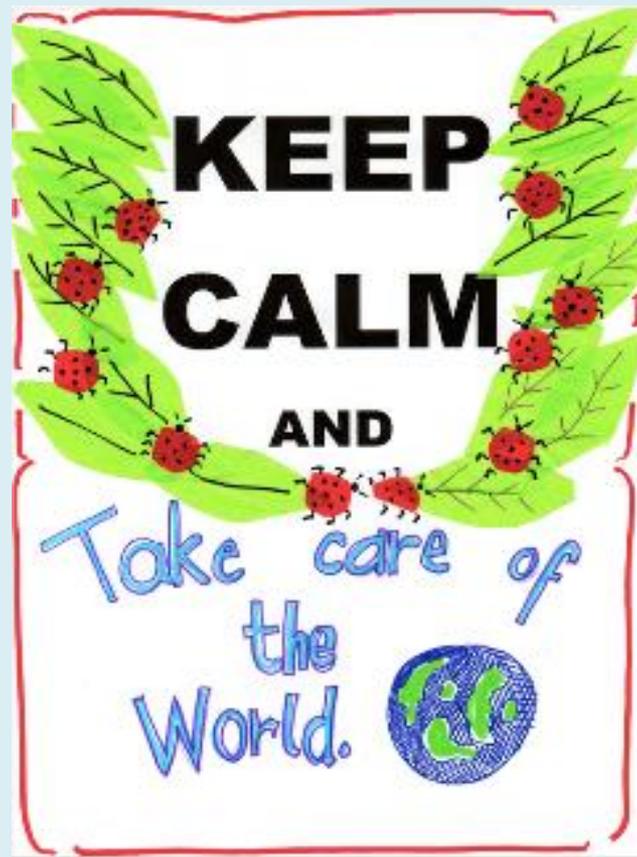
A hand-drawn kindness calendar grid with 31 numbered boxes. The title 'Kindness Calendar' is written in purple at the top left. The grid contains the following acts of kindness:

1.				
2. Give a compliment	3. Let someone in front of you in the queue....	4. Say Thank you	5. SMILE at everyone you see	6.
7. ASK.... "HOW CAN I HELP?"	8. Tidy up!	9.	10.	11.
12. SHARE	13. Encourage Somebody.	14.	15.	16.
17. Tell a Joke..	18. Include someone new in your games..	19.	20.	21.
22. Hold the door open..	23. HELP A FRIEND	24.	25.	26.
27. Pick up Litter....	28.	29.	30.	31.

You could make a Kindness Calendar and hang it somewhere for your family to see and follow. Which acts of kindness could you add onto here?



Kindness Posters



Why not make some Kindness Posters to hang up around your home and on your windows for others to see?



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Spreading Kindness



Why not spread kindness by creating artwork to put up on your window for others to enjoy?

This simple hand art could be something you might want to do at home.



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Hand Art

1. On a piece of paper, draw around your hand on (you could ask someone to help you with this)
2. Write some words of kindness somewhere inside the hand (e.g. be kind or smile)
3. Decorate the inside of you hand using colours, felt pens or whichever materials you have at home.
4. Carefully, cut the hand out (you could ask someone to help you with this) and pick a window to hang it up on.



Spreading Kindness

How can you encourage others to join in with spreading kindness?



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You can download this resource from
<https://thelinkingnetwork.org.uk/home-learning-resources> and
explore our other #homelearning resources.

Hope you have a good day and
remember to keep **talking!**



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