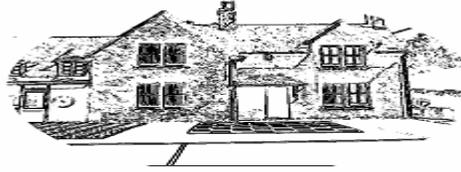


27.11.2020



Horspath C of E Primary School

Family Talk Homework

Kindness

Last week was antibullying week. To remind the children of some of the things we discussed, this week's talk homework is an activity on kindness, adapted from our SCARF resource.

What you can talk about.

What would it be like if everyone was the same?

Can you think of some reasons why it's good that people are different from each other ?

Why is kindness important?

What quick and easy ways to show kindness are there?

What kind things can I do - at home, at school and in my community?



Family Talk Homework support
5 ways to Wellbeing

Activity 1- Acts of kindness

Being kind to other people helps them to feel good and it makes us feel good, too!

Some people call it a 'warm, fuzzy' feeling. Well, that good feeling comes from chemicals that our brains make and it's good for our health to feel that way. Have a think about some ways that you can help other people. Draw or write them on the poster.

Activity 2 - It could happen to anyone!

Many of us have had moments in our lives when we've felt really embarrassed. It can feel even worse if someone sees what happens. The way other people react can really make a difference to how we feel at that time. The people that see are called 'bystanders' we are all 'bystanders' at some point. We have a choice to make the embarrassing moment better or worse for the person, just by choosing what we do or say.

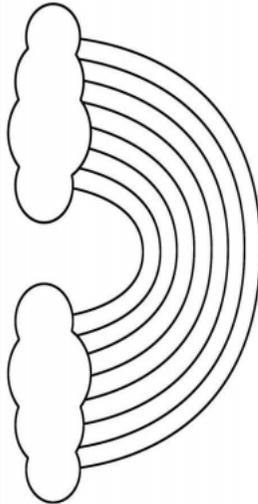


Find someone at home to play with you.

Take it in turns to read one of the embarrassing moment cards and say what might happen. Have a think about the things that could make the person feel worse (laugh at them) and the things that could make them feel better (help them).

Remember! We all have embarrassing moments and we can try to laugh it off or we might get upset. It's good to remember that these things happen to everyone.

We also have a choice about how we behave when we see someone else in one of those 'Oh no!' moments!



I can show KINDNESS by...

A large empty rectangular box for writing a response to the prompt.

coram
Life Education

SCARF



Scenario cards

It could happen to anyone



Someone falls over whilst carrying their lunch tray.

Someone is crying in the corridor.

Someone is sitting on a bench on their own...again.

Someone has toilet paper stuck to their leg.

Someone calls the teacher, 'Mum'.

Someone forgets their words in the school play.

