

A message from Mrs Cunningham



Week 2
Resilient Schools

Acts of kindness.



Today our activity is about doing something nice for someone else in your house, just because you can.



 Anna Freud
National Centre for
Children and Families

make someone's day.



chibird



A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.



Watch my video
to see what our
next activity is
all about.



RECAP



You need to find a box.
Whatever you have at
home is perfect.



whatever






Decorate your box in any way you'd like using whatever you have at home.



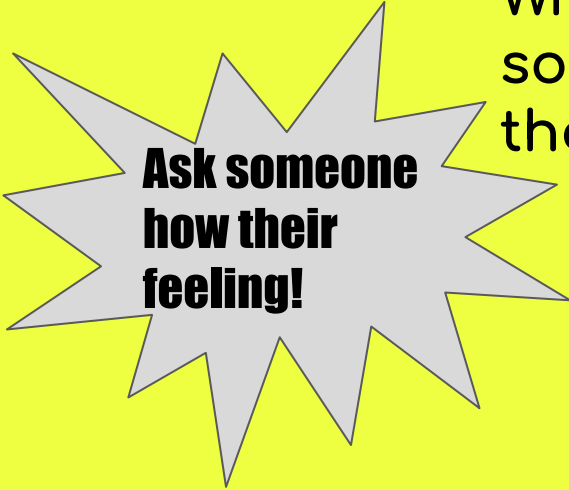


Tell a joke!



**Share a story
with someone!**

Think of some ideas of
something nice to do for
someone in your house.
Write them down on
some paper and put
them in your box.



**Ask someone
how their
feeling!**



Sing a song!

When you feel like it go and choose one of your kindness ideas from the box without looking.



Then think of someone in your house that you would like to share that with. Don't tell them just go and do it like a small surprise!

Have a chat!

**Give a
high five!**



**Share a
happy
memory!**



**Write
someone a
thank you
note!**

**Thank
you!!**

**Draw
someone
a picture!**

**Share
something
you're looking
forward to!**



How did it make
you feel when
you had
completed your
task for
someone?



How did the
person react
when you
carried out
your task?



Think of some others ideas to add to your box.
Ask everyone in your house to add their own
ideas to your box too!



Enjoy and have fun!

Don't forget to share your photos.

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Feel free to add your friends ideas to your box!