

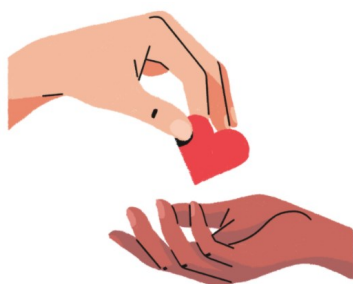


My wellbeing journal

Name:



Celebrate
Random Acts of
Kindness Week
2021



**DOING GOOD
DOES YOU GOOD**



Monday



A random act of kindness is a selfless act which can either help or cheer up a person for no reason other than to make people happier.

Kindness Week

This week our school will be taking part in Kindness Week. We will be doing activities to encourage people to be kind to each other and sharing what we've done at the end of the week.

However, kindness doesn't end there! Let's be kind all year round, both within our school and at home.

Let's make our world a better place through kindness.

What Is 'Kindness'?

Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return.

What does 'kindness' mean to you?

Kindness is

Turn over (two pages on Monday)

Monday



Kindness brings huge benefits for everyone! You make someone feel good, you feel good as a result of your actions and those who see what you are doing are inspired to act kindly themselves!

How many of these challenges can you complete?



Clean up after someone.	Let someone go in front of you in line.	Compliment an adult.	Tell someone a joke
Help someone with their work.	Invite someone to play with you.	Wave to a friend.	Clean up after yourself.
Push in someone's chair.	Say thank you to a midday supervisor for something they have done to help you	Help someone who dropped something.	Say thank you to a TA for something they have done to help you
Thank your teacher for teaching.	Say something nice to a friend.	Be patient with someone in class.	Do something nice for a classmate.

Tick each challenge once you have completed it. Try to do them all by the end of the week!!

Super challenge: can you do some more than once!

Tuesday



Why Be Kind?

Being kind to someone can make them feel happy and it can also make you feel good about yourself too.



By being kind, you can help to make the world a happier place whilst earning the respect of others.

Look back at your challenges, how many have you done?

Remember to tick them off and try to do them more than once.

Look at the pictures of random acts of kindness below. How do you think the people in the pictures are feeling?



Random acts of kindness can help to make the people in our homes and our communities happier.

How does it make you feel when someone is kind to you?

Wednesday



Look back at your challenges, how many have you done?
Remember to tick them off and try to do them more than once!

How does it make you feel when you are kind to someone else?



Think of two extra kind acts you could do today-



Today I will.....



Today I will.....

How Does Kindness Help Our School?

Doing kind things for others activates the parts of the brain that make you feel happy.



How Does Kindness Help Our School?

Kindness makes people feel that they belong and helps to reduce bullying. Being kind helps you to make friends.



Thursday



Look back at your challenges, how many have you done?

Remember to tick them off and try to do them more than once!

Today, try to say kind words to people. How many will you try and use?



You are really kind.

twinkl.co.uk



You are a good listener.

twinkl.co.uk



You are very helpful.

twinkl.co.uk



You are fun to play with.

twinkl.co.uk



You are the best!

twinkl.co.uk



You are really clever.

twinkl.co.uk



You are really thoughtful.

twinkl.co.uk



You are a good friend.

twinkl.co.uk

Tick off the ones you have used today

Be the reason that someone smiles today.

One kind word can change someone's day.

Friday



Look back at your challenges, how many have you done?

Remember to tick them off and try to do them more than once!

Your final challenge for the week is to show an act of kindness to each of these people.

Be kind to-

The **TEACHER**

I will...

**TEACHING
ASSISTANT**

I will...

friend

I will...

Smile!

Help someone if they fall over.

Hold doors for others.

Write a letter to someone thanking them for something they've done or said.

Say good morning.

Ask someone how they are.

How Does Kindness Help Our School?

Being kind to people encourages them to be kind too.



Find the given words in the word search. Think carefully about what each one means and how it could help people and communities to be happy places.

h	b	k	r	e	s	p	e	c	t	u	m
t	e	x	f	a	d	m	k	u	a	f	h
z	d	l	x	p	z	n	i	l	t	r	y
s	d	v	p	p	g	d	n	o	h	z	e
m	t	s	n	r	i	d	d	v	o	a	o
i	y	h	g	e	v	z	n	e	u	s	q
l	u	a	d	c	e	m	e	v	g	q	s
e	r	r	v	i	p	u	s	l	h	i	t
v	e	e	g	a	x	w	s	r	t	e	z
z	v	d	z	t	l	o	r	j	f	u	w
q	l	k	x	e	t	u	d	a	u	z	r
b	u	m	g	d	b	y	e	a	l	s	b

help give share care love kindness
 smile respect thoughtful appreciate value

How Does Kindness Help Our School?

