

DID YOU KNOW?

Colouring is a great way to relax your brain and be kind to your mind.

WORLD KINDNESS DAY

13TH NOVEMBER 2023

52LIVES
SCHOOL OF KINDNESS

THIS BOOKLET BELONGS TO

In this booklet you will:

- Learn about the benefits of kindness.
- Use your kindness to help others.
- Practise being kind to yourself too!

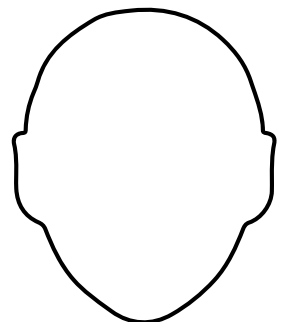
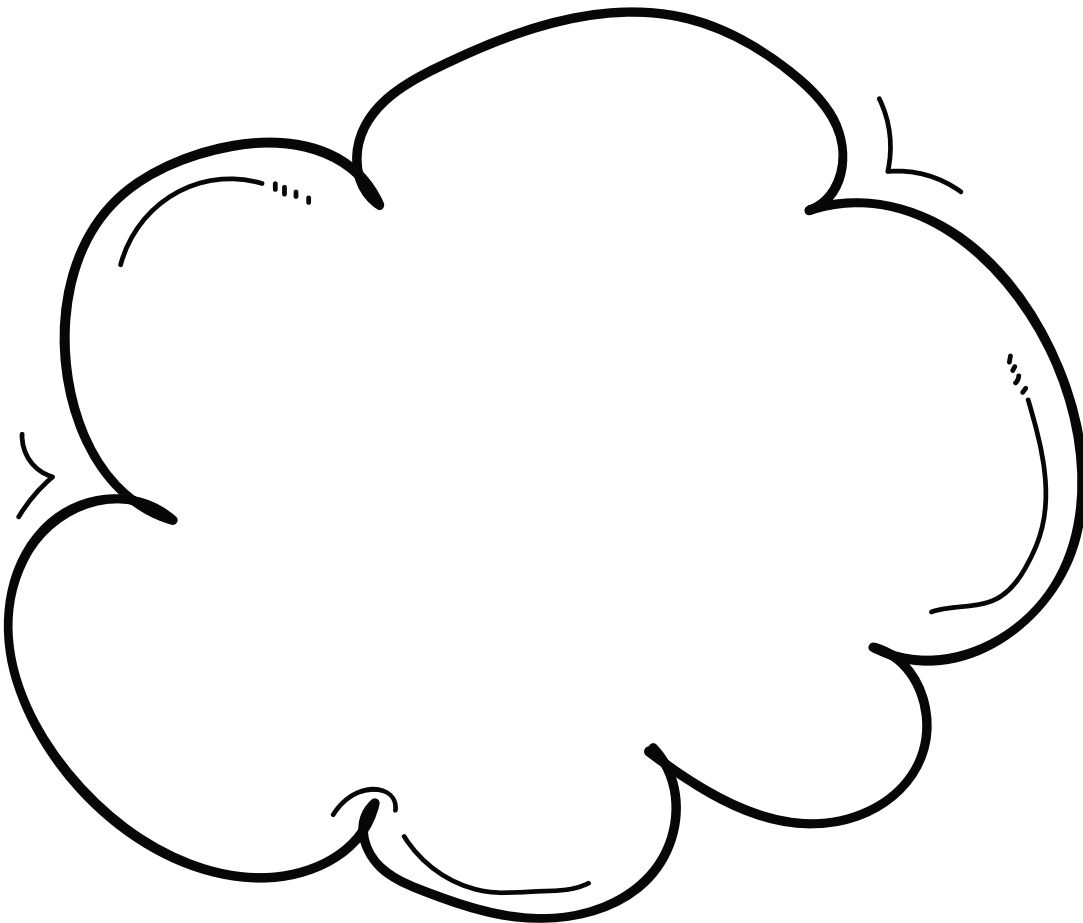


WELCOME TO YOUR WORLD KINDNESS DAY BOOKLET!

World Kindness Day is all about celebrating kindness. So, let's get started!

In the bubble, draw a picture of a time somebody was kind to you.

**How did you
feel?**



Now, have a go at completing the following sentences.

(There are no right or wrong answers!)



If kindness was a colour, it would be...



If kindness was an animal, it would be...



If kindness was a shape, it would be...



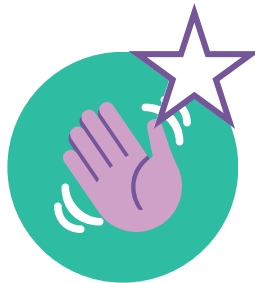
WHEN YOU HAVE FINISHED, SHARE YOUR IDEAS WITH A PARTNER. OR YOU COULD EVEN MAKE A KINDNESS POSTER INCLUDING YOUR COLOUR, ANIMAL AND SHAPE!

SPREADING KINDNESS!

Small acts of kindness can make a **BIG** difference! How many of these small acts of kindness can you do this week? Colour in a star every time you complete an act of kindness!



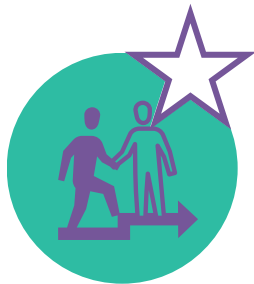
Smile



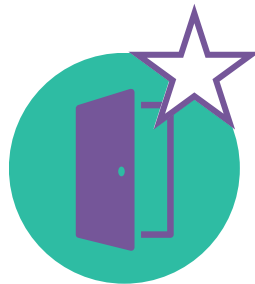
Say good morning/hello



Give a compliment



Let someone go first



Hold a door open



Tidy up



Invite somebody new to play with you



Say thank you



Encourage someone



Ask if someone needs help

YOU'RE SUPER KIND! WELL DONE FOR SPREADING KINDNESS.

A KINDNESS CODE!



Below is a special, top-secret code!

a	b	c	d	e	f	g	h	i	j	k	l	m
◆	⦿	£	@	?	^	%	≠	>	=	△	<	/

n	o	p	q	r	s	t	u	v	w	x	y	z
¥	☾	}	~	♥	+	!	\$	¬	○	:	#	©

Can you decipher the code and work out what these messages say?

☾ \$ ◆ ♥ ? ◆ / ◆ © > ¥ %

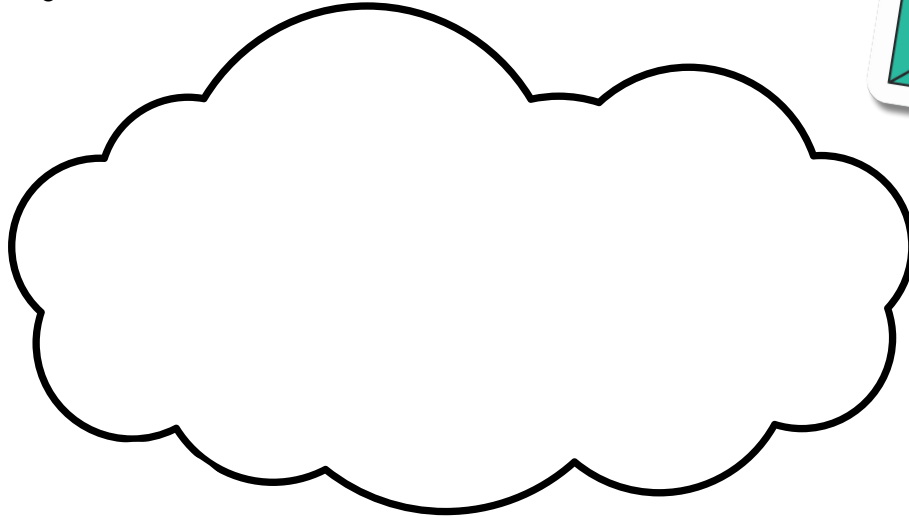
△ > ¥ @ ¥ ? + + > + £ ☾ ☾ <

Now, use the code to write a kind message for a friend! What would you like to say to your friend? Write your coded message below!

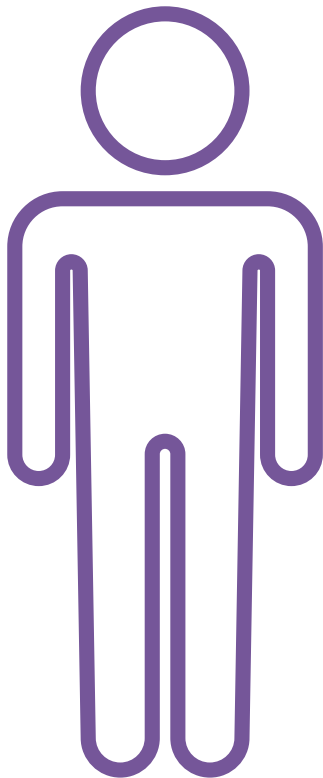
When you have written your kind message, pass this page to your friend! Can they decipher your message?

HOW DOES IT FEEL TO BE KIND?

Can you think of a time you have been kind to somebody? Draw a picture or write a description of what you did in the thought bubble.



How do you **feel** when you are kind to somebody? Draw how you feel in the body below. You can use colour and shape to show your feelings. Around the outside, write down any words to describe how you feel when you are kind.

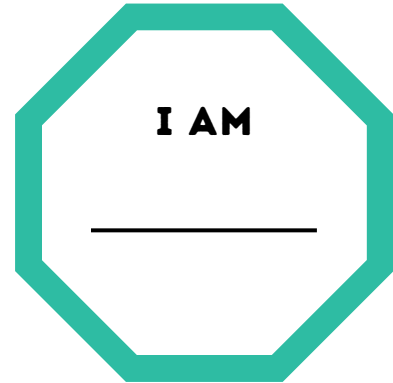


DID YOU KNOW?

Kindness is good for you! Being kind to others can help you feel happier. When you are kind to somebody else, it can lift your mood and make you feel more positive. Being kind is also good for your body. For example, kindness can boost your immune system and lower your heart rate. Kindness really is good for everybody!

KIND TO ME

It's just as important to be kind to yourself as it is to be kind to others! Think about all the things you are good at and everything you like about yourself. Now, it's time to award yourself some badges! Write your best qualities on the badges then colour them in.



Ask a friend or family member to help you complete these badges about you:



Come back and look at this page whenever you need a reminder of how amazing you are!

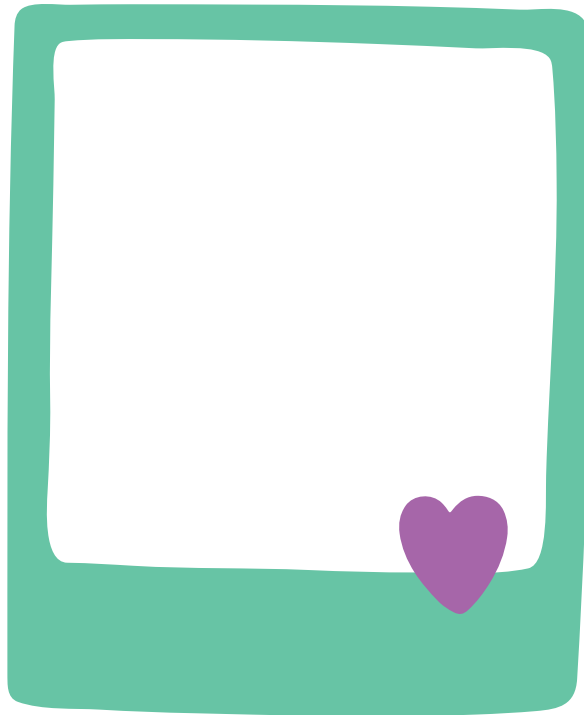
DID YOU KNOW?

People who are kind to themselves:

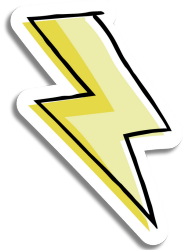
- Feel happier more of the time.
- Bounce back quicker when they have a bit of a wobble (as we all do sometimes).
- Feel more confident in themselves.

MY KINDNESS HERO!

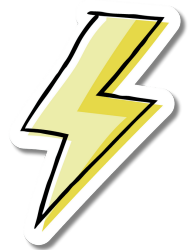
Who is your kindness hero? Draw a kind person you know in the frame below. Underneath, write their name and how they show kindness.



As a class, put your pictures on display on your desks to create a kindness exhibition. Walk around and look at all the kindness heroes. Isn't it amazing that there are so many kind people?



**CONGRATULATIONS, YOU HAVE FINISHED
YOUR WORLD KINDNESS DAY BOOKLET!**



We hope you have enjoyed spreading kindness. When you show kindness, you are helping make the world a better place, so THANK YOU. You are a kindness hero!

DID YOU KNOW?

Kindness spreads. When you are kind to somebody, it can make them want to be kind too. The small acts of kindness you have done this week, might have inspired more acts of kindness. Perhaps you've started a long chain of kindness that is still going!

WANT MORE?

Why not join our free Kids' Kindness Club?



Each month you will receive a kind newsletter in your inbox, filled with kind challenges, stories, quizzes and the chance to win prizes and earn kindness badges.

www.kidkindnessclub.org

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SCHOOL OF KINDNESS

www.schoolofkindness.org

The School of Kindness is part of the 52 Lives kindness charity.
Charity reg no: 1166238. Address: PO Box 3154, Reading, RG1 9AT.

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