



**Acts of kindness**

1) Can you describe one kind thing that you did for someone else?

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2) How did it make the other person feel?

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3) How did it make you feel?

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The best thing about being kind is that it is infectious. In the same way that a cold can spread around your school or local community so too can kindness. A random act of kindness is when you surprise someone by doing something kind for them without expecting anything in return.

Can you plan a random act of kindness that you know will make someone feel good?

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# WEEK 6 EMPATHY AND KINDNESS



Watch the video that explains how empathy can change the world

<https://www.youtube.com/watch?v=aU3QfyqvHk8>

## Gratitude diary

This week think of something that you love the smell of. Draw a picture of this thing that you are grateful for.

A large rectangular area enclosed by a light blue dotted line, intended for a child to draw a picture of something they are grateful for.

## Mindfulness exercise 6

