

## FEELINGS INSPECTORS RESOURCE

# Getting Started with Kindness

### About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

### What do we need?

Slides/film clip provided.

### Instructions

Explain to the children that as part of their Feelings Inspectors programme of work today they will begin an exploration of something really important to our relationships with others. It is kindness. Use the definition/slide provided and read together:

Kindness is when you are friendly and think about other people's feelings. Kindness is about what you say to others and what you do for them. Kindness makes children happier.

“

[Kindness] helps  
people raise  
themselves up.

”

“

If there was no  
kindness in the  
world everyone  
would be  
miserable.

”

## Getting Started

Share the short film clip about kindness from Children's Parliament, with the simple introduction that the children are talking about what kindness means to them. Click the button below of use the link on the slides if you have printed this out. Chat about the video afterwards.



<https://youtu.be/qCPunSCpnKI>

Ask the group to work in pairs and think of two things each:

**What was the last kind thing you saw someone do?**

**What was the last kind thing you did?**

Ask for some feedback from those that are happy to do so. You can perhaps highlight when the kindness is about other children, family members, strangers, kindness for animals or the environment. You can help children reflect on whether other people noticed this kindness, and whether that is important?

### **An optional fun activity to consider:**

To encourage children to notice acts of kindness, or just to be more kind themselves, introduce the Kindness Jar. Have an empty jam jar or something like it, and a pile of tokens of some sort, label the jar as the Kindness Jar. Explain to the children that every time they see a kindness, or are kind to someone, they can pick a token and pop it in the jar. This can be kind things at school, at home or in the community after school. Say that children do not need to explain why they are putting in a token, they can just do it quietly, but that as the jar fills up you will all come back as a group to hear some examples.

Across the week, as adult/teacher you can watch out for examples of the day-to-day kindness some children will show, and acknowledge it as such explicitly when appropriate. If you do have a kindness jar ask the child to pop in a token in acknowledgement.



**Top tip**