

FEELINGS INSPECTORS RESOURCE

Kindness

Helping Hands

About this activity

This activity, created by our Feelings Inspectors, can be useful to start a session on Kindness. It provides a quick example of what it feels like to give and receive kindness and brings in an important idea when talking about mental health – being kind to ourselves.

What do we need?

- Paper
- Pens/pencils
- Tape

Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).

“

Some people don't always feel happy and feel insecure so you being kind might help.

”



Helping Hands

Instructions

Give each child a piece of A4 paper and something to draw with. Ask them to place their hand on the page and draw around it so they have an outline. The children can then ask a friend to help them tape the paper hand to their own back.

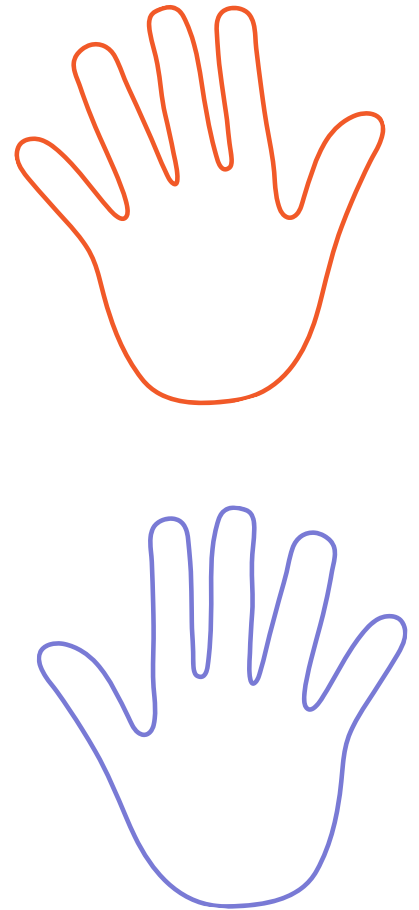
Give the children 5 to 10 minutes to write in each others' hand outlines (while taped on their backs) - explain that we're going to write kind things about each other: things that you like about that person, that you think they're good at, or that you appreciate about that person. Make sure there is time for the children to get around everybody.

Back in a circle, ask the children to remove their hands from their backs and read what others have written about them. Offer the children a chance to share if they would like to.

Below are some question prompts.

Are there any on there that you're surprised about?
Can you tell who wrote what?
Are yours similar to others?
Do you recognise in yourself these things that people have written?

Finish by asking the children to add some things they like about themselves to their own page



Helping Hands

Quick Version

If you're pressed for time, you can adapt this activity into a 5 minute circle game called 'Pass the Compliment' - rather than writing down kind things, everyone takes it in turn to say something they like about someone else in the circle; this can be at random or around the circle (you may wish to contribute if you think there is a risk of some children being left out).

We found that moving around, and not being able to see what was written about ourselves until the end, made this activity more fun and broke down any embarrassment the children might have about saying these things to each other's faces.

Top tip



“

I wrote that I talk a lot,
but in a good way!

”

“

I'm competitive. I like
that I'm competitive!

”

A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).