

FEELINGS INSPECTORS RESOURCE

Kindness

Scattering Kindness

About this activity

In this activity, the children leave kind messages around their school or local area as a way of exploring what it feels like to be kind. The activity itself is fairly straightforward, so there is plenty of scope for talking about giving and receiving kindness while you work.

What do we need?

- Wood slices or stones (or card)
- acrylic pens/paints
- brushes
- post-it notes (optional)

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](#).

“

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

”

**YOU ARE
AMIZING**

Scattering Kindness

Instructions

Getting Started

What does kindness mean to us and to others?

Start by asking the children to think about what kindness means to them. Then ask them to think of as many ways of being kind as they can think of – they might want to write these down on paper or post-it notes. Once they've got a few examples each, ask them to share and then to think about how they might sort these into categories of kindness. If they're stuck for ideas, you could prompt them to think about which are more to do with the kindness we show to the people we care about or perhaps about helping a person or group of people that we're not connected to personally.



Check out if any of the children have heard about 'random acts of kindness' and share the definition for some further conversation about the idea:

A random act of kindness is something that is unexpectedly done by a person to cheer up or help someone else. It can be done anonymously or the person may be known. Sometimes a random act of kindness can be for a stranger, as long as a parent or guardian is around to supervise. A random act of kindness can be a physical act, spoken words, a written note or even just a smile!

Scattering Kindness

Main activity

Explain that today the children are going to write or draw and leave messages of kindness for others to find. Ask the children to write kind or encouraging messages on the wood slices or card and explain that they are going to leave these around the school/building/area for people to find. To get started, ask the children about what kinds of messages they would enjoy getting from a stranger. They could be compliments, words of encouragement, or anything else that we could consider kind. Give the children some time to write a few messages each and, if they like, to decorate them.

Take your group or groups on a walk around your school/building/area looking for places for to leave the messages. The children might like to place them in obvious places, or might want to choose more hidden spots where the message might not be discovered for some time.



It is important in this activity and in any follow up that we include space and time for talking about kindness. Children will start with examples of being nice to others, or people being nice to them, they may have good examples of 'random acts of kindness'. Hopefully the children will feel able to bring their own experiences and memories into the discussion and reflect on what it feels like both to give and to receive kindness. By 'scattering kindness' around their environment, the children have a chance to experience kindness actively while they continue the conversation.

Top tip

Follow Up

Follow up part 1:

The next time the children meet, ask what happened with the messages.

Do you know who found any of them? Did you get any feedback? How did your messages make people feel? How did leaving the messages make you feel?

Follow up part 2:

Whether in the main session, or as suggested in follow up, explore some of the complexities about being kind too.

Are children aware of times or situations where it is difficult to be kind? Have they ever been kind, but someone has not been kind back? Why might a person be unkind? How would they advise someone to react if a person is unkind?

“

I'd be happy if I found a note. Some people feel insecure about things like their body, and we wrote things to make them feel happy.

”

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](#).