

FEELINGS INSPECTORS RESOURCE
Kindness

Kindness Poems

About this activity

Using poetry as a medium, this activity encourages children to work co-operatively and to share what they think about kindness.

What do we need?

- Paper
- pens

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](#).

“ Kindness Poem

**Kindness is telling yourself
that you are okay just as
you are,
Kindness is helping
someone,
Kindness is good for you,
Kindness is key,
Kindness is spectacular,
Kindness is love.**

By the Haddington Feelings
Inspectors, May 2022

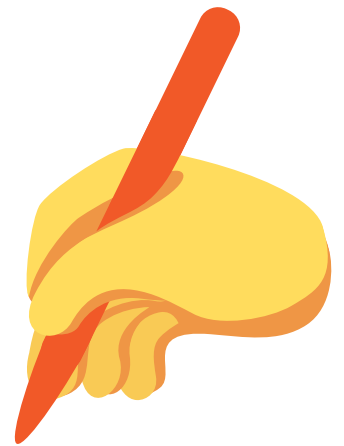


Kindness Poems

Instructions

What does kindness mean to us and to others? Start by asking the children to think about what kindness means to them. After a group discussion on kindness, the task is to write a poem together beginning Kindness is...

Children might like an introduction to the power of poetry! Poetry allows self-expression that cannot be felt through other means of communication. Poetry can help people who find it hard to talk about their feelings directly to express themselves in a meaningful way. Poetry encourages us to think about and describe kindness (an abstract noun) using adjectives and adverbs. Working together on the poem will help us build good relationships and explore feelings together in depth because it helps everyone to express themselves.



'Kindness is...'

The group will begin with the prompt: 'Kindness is' and then go round with each child offering a word, or words, or phrases that they are inspired to offer. All offers are accepted and written down. If working with a lot of children, they could split into small groups. If the children are encouraged to think of this as a performance as much as anything else, they might use actions rather than or alongside words.



Kindness Poems

The group or groups can remember and practice their poem, saying it out loud a number of times. They can present/perform it for others. They can decide if they want to capture it by writing it down and even illustrating it.

If possible, share the children's poems and make a kindness display including their work.

Encourage children to use expanded noun phrases as well as similes, metaphors and personification in their poem(s).

Top tip

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**Poetry is really powerful.
We are amazing poets.**

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Children can be encouraged to write longer poems to explore kindness in a more in-depth way by asking them to write down single words, then to add adjective and adverbs to make more descriptive phrases and more detailed poems.

**Useful
tip**

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](#).