

FEELINGS INSPECTORS RESOURCE  
Kindness

# Random Letters of Kindness

## About this activity

This is a simple but meaningful activity to help children to explore the connections between empathy and kindness.

## What do we need?

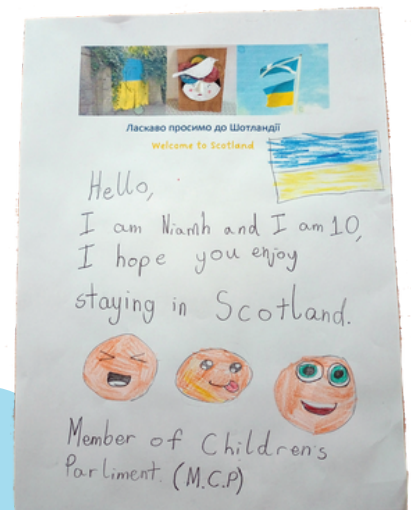
Paper and coloured pens.

A template can be produced and printed as a starting point for the children's letter writing - see photographs of this activity here and on the next page.

## 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](#).

“ If you do something for someone else it can make you feel nice so it's a double kindness. ”



## Random Letters of Kindness

### Instructions

Ask the children to imagine a world where everyone is kind to each other and where people look out for each other.

**Can the children think of a time when a stranger bestowed on them a random act of kindness, for no reason at all other than to be kind?**

**What random acts of kindness have the children done for someone else?**

**What is the power of a smile, a kind word, a listening ear or a compliment?**

**What effect does being kind to others have on our own wellbeing?**

As a group, can the children think of someone in their local community who might appreciate a letter or a picture? Maybe some local elderly people in a care home? The lollipop man/lady? Some new children in the community? Once you have chosen a group, ask the children to write a short letter and a simple picture that expresses a thanks or expression of kindness for the recipient but, being mindful of child protection, make sure that there are no identifying features in the letters. The children can sign the letter with their first names and add the name of their school if it adheres to school policy.



## Follow Up

Once the letters are delivered ask the children how sending a random letter of kindness made them feel. What other random acts of kindness could they do? Make someone laugh, call a grandparent, pick up some litter, spend time playing with your pet, help with the chores at home, tell one of your family members or a friend how much you appreciate them etc.

You could ask for feedback from, for example, a care home and commit to send letters on a regular basis.

**Follow up  
tip**

“

**It was interesting to hear everyone's thoughts and opinions by chatting while we did a kind thing.**

”

You could make a list of random acts of kindness as a group and see how many can be ticked off before the next session.

**Expand  
the  
session**

## 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](#).