

# THE ALPHABET OF KINDNESS



## Kindness is:

- \* Showing that you care about people and living things.
- \* Thinking of ways to make others happy.
- \* Choosing words which make others feel good about themselves.
- \* Being considerate or generous to ourselves and others through our words and actions.

## LEARNING OBJECTIVES:

**To become aware of the many ways in which kindness can be practised.**

### Suggested Resources:

Have the first three lines of the alphabetical list displayed on the board.

Have individual white boards for children to write their ideas on. A selection of plastic letters could be used to divide the alphabet evenly between the class.

### Script:

Read the definition of kindness. "Today we will be creating an alphabetical list of kindness to present in an assembly on Kindness Day, or to add to our class kindness book.

I have given you a start [show the first three lines].

**A**lways treat animals with kindness

I **B**rought my dish back to the kitchen

My friend helped me **C**arry the heavy shopping

Remember that the alphabetical word does not have to be at the start of the sentence. If you finish your sentence you could try to write a sentence with the next alphabetical letter.

You may wish to create the whole list as a class or divide the letters between tables or individual children.

### Plenary:

Ask for volunteers to rewrite the first three lines.

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