

# THE BOOK OF KINDNESS



## LEARNING OBJECTIVES:

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

### Suggested Resources:

You will need a large scrapbook and small pieces of plain paper for drawing or writing on.

### Script:

“This week we are going to be learning about kindness and preparing a class book for *World Kindness Day* on November 13th. We will use this to record all the kind things we have been doing in our classroom. Here are some of the page titles:

#### Kind Words

#### Who is Kind to You?

#### Kindness to Animals

#### Kind Things I Have Done

Today we are going to work on the page titled Kindness to Animals.

Why should we be especially kind to animals? Animals feel pain and have emotions like us so we should treat

them in a kind way. Many animals *depend on us*, so *it's our responsibility to show them kindness when they need it; this also helps us to learn and develop kindness which we can then show to others.*

Can you suggest ways in which we could show kindness to animals?”

Make a list on the board.

Ask each child to draw a picture of themselves being kind to an animal for the class book.

If time permits repeat this process for each of the page titles or arrange a carousel of four different stations so that each child gets to draw a picture of themselves being kind, speaking kind words, or receiving kindness from someone else.

A selection of these pictures could then be stuck into the class kindness book so that each child in the class is represented.