

THE CUP OF KINDNESS



LEARNING OBJECTIVES:

To help children acknowledge and encourage kindness in others.

Suggested Resources:

You will need a large disposable paper coffee cup and the photocopy template *Cards of Kindness*

Script:

Discuss what kindness means, reading the definition given at the start of the lesson and adding any suggestions as appropriate. Discuss how kindness often includes other virtues such as caring, helpfulness etc.

Explain that many kind things happen in our school which makes everyone's lives just that bit happier. We will be trying to spot each other practising these acts of kindness in our class and in the school.

What kind things might we see? Take some suggestions from the children.

Explain to the children that during the next few weeks we will be looking to spot others practising some of the kind actions we talked about. Show the children the cup of kindness.

"If you see someone doing something kind, then I would like you to go over to the cup of kindness and take one of these kindness cards and fill it in – here's what it looks like."

Show the card on your screen or an enlarged photocopy. As an example fill in the blank sections with the child's name and a sentence e.g.

I saw Tom lending Fred his football boots when he had none of his own"

"Lucy shared her crisps with me"

"Kate invited me to play with her when I was on my own".

Explain that at the end of each week the cards will be shared during circle time.

Give each child a Kindness Card and ask them to fill it in preferably for an act of kindness that they have seen or experienced for themselves.

After sufficient time has elapsed, encourage those who have filled in the spaces correctly to share their cards with others. Early finishers could design a colourful *Cup of Kindness* label for the cup.

