

WHAT WOULD A KIND SCHOOL LOOK LIKE?



LEARNING OBJECTIVES:

To visualise the community building effects of practising kindness.

Suggested Resources:

Recycled paper for drawing and jotting down observations. Tranquil music to aid visualisation. *Common Threads* by Bobby McFerrin works particularly well for this activity.

<https://youtu.be/LZwH0otKKnU> [available 03/15]

Script:

Tell the children that you are going to ask them to relax, close their eyes and listen to some soothing music. It will be vital for them to keep their eyes closed because the success of this activity will depend on their imagination and concentration. As the music is playing, ask them to imagine that they are arriving at the gates of a school that is famous for the kindness displayed by its students. Ask the class to imagine that they are walking through the gates at break time when everyone is out playing. Ask the children to look around and observe how the older children interact or play with the younger ones.

When sufficient time has elapsed, ask the children to

Character Coaching

Guidance:

What would be a kind way to treat a new member of our school?

How could we show kindness to children who have no-one to play with?

Meaningful Praise:

I appreciate your kindness in helping our new class member to settle in.

I have noticed the kindness you have shown to others today.

Thank you for your kindness in giving up your seat for another child who needed it.

imagine that it is later in the school day and that they are entering the dining hall. Again ask them to observe how the older children are showing kindness to the younger ones.

Ask the class to visit the classrooms and the library before preparing to return to their own classroom by the time the music fades away.

Suggested Activities:

Ask the class to write down how they saw or imagined kindness being practised.

Ask them to use their observations to suggest some kind activities that they could undertake with younger children such as:

Organise older year groups to “adopt” younger children for the day. The paired children could eat lunch together, read to each other or play a game together during break time.

Correction:

Please be kind to Sally, by including her in your game rather than leaving her out.

That remark was hurtful, what would be a kind way to say that?