

Kindness

Task 1 - PSHE and citizenship

Can you find the words of kindness?

Words of Kindness

a i g g h c q w b b m n
s m y e j a w e h v e m
d p p n k r a w e c n k
f a p e l i r r l z t i
k c a r e n m t p x a n
i t h o u g h t f u l d
n a s u d v e y u c h n
d c d s s n a u l p e e
t c e p s e r i i o a s
x b s n o i t o m e l s
h w e l l b e i n g t b
d f r i e n d l y x h a

care
caring
emotions
friendly

generous
happy
helpful
impact

kind
kindness
mental health
respect

thoughtful
warm-hearted
wellbeing

Extra for experts - can you make your own wordsearch using words of kindness?

Task 2 – PSHE and citizenship

Read through the scenarios and think about how you could show kindness

Scenario	Kindness
One of your classmates has had some sad news. What random act of kindness could you carry out? 	
 You see someone upset at playtime. They are feeling lonely and are finding it hard to make friends. What random act of kindness could you carry out?	
 Someone in your class is worrying about their school work and is feeling like they aren't good enough. What random act of kindness could you carry out?	
Someone in your home is working very hard to make sure all the household jobs are done. What random act of kindness could you carry out? 	

Task 3 - PSHE and citizenship

Read through the scenarios and think about how you could show kindness

Scenario	Kindness
You are in the supermarket with your family and you see someone drop their shopping. What random act of kindness could you carry out with your family? 	
 A new child joins your class. They don't know anyone and are feeling worried about what to do and where to go. What random act of kindness could you carry out?	
Your friend has been really kind to you. What random act of kindness could you carry out? 	
Draw a picture of a random act of kindness that you have done this week	Explain your random act of kindness.

Task 4 - PSHE and citizenship

Here is a piece of artwork that uses kind words. You can either colour this piece of art work or perhaps create a piece of artwork of your own?



Task 5 - PSHE and citizenship

Write a postcard to a friend, neighbour or someone at your local care home to brighten up their day and help them feel connected to their community. On the back of the postcard, draw a picture of something that could make them smile.

										