



KINDNESS

Values Newsletter

November 2023



www.teaguesbridgeprimary.org

The Value of KINDNESS

The definition of Kindness:

Kindness is a type of behaviour marked by acts of generosity, consideration, or concern for others, without having an expectation of praise or reward.

This week, children have been learning about our new Value of the Month: Kindness

We will be thinking about the different meanings of Kindness. The first meaning we are exploring is:

“A quality of being generous, friendly and considerate”.



Value of the month for **November** is



KINDNESS

Here are a range of activities to try in your class:

- As a class write a 'Pledge of Kindness'. Present this in a way that can be displayed around the school.
- Set up a compliments box in your classroom, look inside every week.
- Design a kindness tree/kindness garden and add kind words for each other every week during the month of November.
- Kindness jar.
- Keep a kindness diary.
- Set your class daily challenges to be kind to someone.
- Make a kindness calendar for the month of November. Think of a different act of kindness for everyone to try and achieve.

"Be kind whenever possible. It is always possible" - Dalai Lama



FRIDAY

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

4 Give money for each bed in your house to a homeless charity

5 Count how many people you smile at today

6 Do something helpful for a friend or family member

7 Pick up litter or leaves in your local neighbourhood

8 Say something positive to everyone you meet today

9 Buy some extra items and donate them to a local food bank

10 Give clothes, blankets or toys to others who may need them

11 Do an act of kindness to help an older person

12 Offer hugs to your loved ones and friends

13 Give a compliment to as many people as possible today

14 Leave some money (with a happy note) for someone

15 Pay it forward: pay for a stranger's hot drink in a cafe

16 Make a card or decoration for someone special

17 Take some supplies to a local animal shelter

18 Try out the art of positive gossiping!

19 Cook an extra meal and surprise someone with it

20 Thank people who do things for you but you may take for granted

21 Offer to take a friend's dog out for a nice walk

22 Give someone your place in a queue (in a shop or in traffic)

23 Call a relative who is far away to say hello and have a chat

24 Give money to a good cause for every present you wrap

25 Find ways to be kind to yourself today!

26 Turn off digital devices and really listen to people

27 Get outside into nature and feed the birds today

28 Forgive someone and look for their good points

29 Do a good deed to bring a smile to someone's day

30 Be kind to you: Take a walk and focus on nature's beauty

31 Plan what extra acts of kindness you will do in 2018...

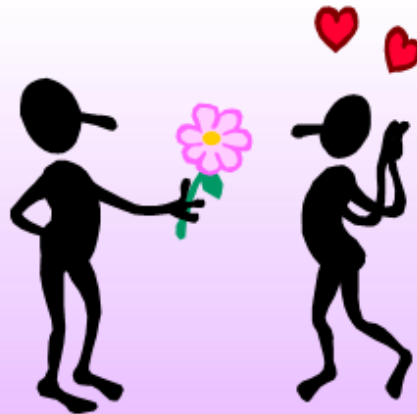
ACTION FOR HAPPINESS

www.actionforhappiness.org

Thank you to the many kind and creative people who inspired the ideas in this calendar :)

Do you think YOU can help to make the world a KINDER place?

LET'S GO FOR IT!



Do you have to like someone to show them KINDNESS?

What could happen when people don't show KINDNESS to each other?

Think about a situation where someone is upset.
Is 'UNKINDNESS' at the root of the problem?

Why is it very hard to show KINDNESS sometimes?

Would the world be different if people were more KIND?

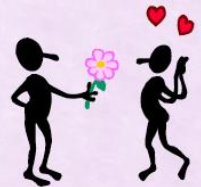
How could KINDNESS change YOUR own world?



When was the last time you showed kindness to someone?

How did it make them feel?

How did it make **YOU** feel?



*Leave footprints of
Love & Kindness
wherever you go*

Think about how you feel when you are kind
to *someone else?*



Think about how you feel when someone is kind
to *you...*





**Try to be a rainbow in
someone else's cloud.**