

Activity sheet

Exploring kindness

Be kind

Whether it's towards a close family member or a complete stranger, showing kindness makes us feel happier too!

Why do you think being kind to other people can improve our own wellbeing?

There are many different ways to be kind - using our head, heart, words and actions.

Complete the diagram on the next page and come up with examples of different ways that you can show kindness - and don't forget that being kind to yourself is just as important.

Once you have finished, why not colour in the person template below.



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Head – I can have patience and think kinder thoughts

Your example:

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Mouth – I can use kind words to brighten another person's day

Your example:

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Heart – I can be kind to myself

Your example:

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Hands – I can use my actions to be kind to my family, my community and my planet

Your example:

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