

This Week's Topic is...

# KINDNESS



This week we will be exploring kindness and the act of being kind to others. Kindness could be explained as showing concern about the well-being and feelings of others. Kindness is also concerned with being warm-hearted, considerate, humane and sympathetic. **How would you define kindness? Can you think of any synonyms for the word 'kindness'?** A synonym is a word or phrase that means exactly, or nearly, the same as another word or phrase.

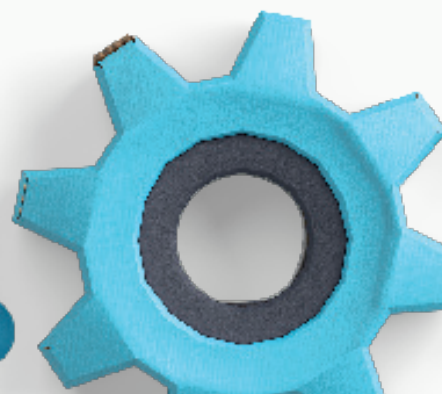
## ON YOUR MARKS, GET SET, LET'S GET KIND!

A random act of kindness is a selfless act performed by a person wishing to either assist or cheer up an individual. There will generally be no reason other than to make people smile or be happier.

### RANDOM ACTS OF KINDNESS BINGO

Fill in your bingo squares below with random acts of kindness that you can achieve this week. You can research different ideas, or speak to your friends and family about what they consider to be acts of kindness. Seek out an opportunity to help every day. For example, you may want to hold open a door, offer a stranger assistance, help someone trying to get a pram down steps, or pay a stranger a compliment. Every small interaction with someone is an opportunity to have a positive impact on both of your lives.

1	2	3
4	5	
6		



Small, random acts of kindness, such as thanking a bus driver, can brighten up a person's day and make life nicer for everyone. Occasionally, however, some truly massive acts of kindness are performed; these can reach out and inspire larger groups of people.

In some cases, the internet, and the popularity of video recording on mobile phones, helps publicise a random act of kindness. These selfless acts caught on camera will often go viral and inspire others around the world.

### A TALE ABOUT A REAL ACT OF KINDNESS...


*In New York City a police officer was filmed by a tourist, giving a pair of boots to a homeless man with bare feet. Officer Lawrence DePrimo paid for the pair of all-weather boots to help a homeless man he saw without shoes, out in the cold. He even put the boots on the man.*

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## DEAR DIARY...

Your mission today is to write a diary entry from the perspective of the homeless man who has just received the boots in the story above.

### You should consider:

- How the act of kindness made him feel.
  - How might he pay the act of kindness forward and do something kind for someone else?
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## PLANNING:

When you write your diary entry, you can use the template on the next page, or create your own!

DEAR DIARY,

