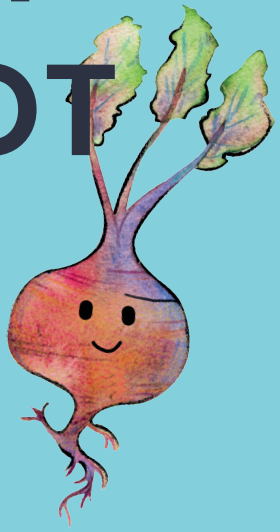
HOME KITS | LEVEL 1 WEEK 11

THE TALE OF BABY BEETROOT



HOME KITS

Simple, fun activities to enjoy
Kindness Lessons from Year 4/5/6
Social and Emotional Learning (SEL)
positive life outcomes

Time to read: 30 min

LEVEL ⓘ WEEK ⓘ

THE TALE OF BABY BEETROOT

Discuss with your child what kindness is

- For example: "Imagine that you have a friend who is upset because they have lost their lunch and show them kindness by giving them your lunch and then why they are upset you didn't let your kindness by trying to help them by giving them your lunch, that is not kindness."

Discuss the importance of how to show kindness Kindness is not just about enjoy something, you can show kindness to others, you can show kindness to others, you can show kindness to yourself.

Now invite your child to remember a time when someone showed kindness to them or someone else. Discuss how was feeling and why they would kindness shown to them.

Options that **good friends are friends who are kind to others and treat each other.**

Tell your child that another way to show kindness is to be a good friend or to be an "good friend."

GOOD LUCK
with this activity

ACTIVITY ⓘ

LEARNING GOALS

By the end of the WEEK, children should be able to:

Recognise kind behaviour and demonstrate kindness

RESOURCES

None

VOCABULARY

Good-hearted Kind/Kindness

ACTION

Learn the song below

SONG

Share a smile with another,
Share a smile with another,
Share a smile with another,
And be very kind

Help someone in need,
Help someone in need,
That will be so kind.

Ⓘ Listen someone to play with you, play with me, play with me, Listen someone to play with me, I'll be nice to you.

CLICK HERE TO LISTEN

GOOD LUCK
with this activity

ACTIVITY ⓘ

LEARNING GOALS

By the end of the WEEK, children should be able to:

Recognise kind behaviour and demonstrate kindness

RESOURCES

None

VOCABULARY

Kindness Kind

ACTION

Tell your child to describe people who are different from them.

What kind of differences can we notice? Discuss: Skin colour, hair, clothes, physical features, accents, disabilities, or hearts etc.

Tell your child that everyone in the world is unique and different from each other. Discuss: Skin colour, hair, clothes, physical features, accents, disabilities, or hearts etc. Discuss with your child how it feels when someone being the world could be if everybody looked the same, sounded the same and thought the same.

- Talk to your child about others that are different from them and be different from others and that though they may be different from others and be different, they are exactly the same than they are different, and they are different.

Sing the song Kindness is simple.

Discuss what it means to be a good or a good friend. Discuss: Ask your child what is a good friend? Discuss: Ask your child what is a good friend? Discuss: Ask your child what is being a good attitude towards friends.

Ask your child what he/she can do to help a friend when they are upset or when they are something or someone different.

- For example: "I'm always there for my friend when they are upset. It is important to be a good friend."

Now invite your child some strategies to help solve big feelings:

- "Friend that the Video Stops on the right hand is a crying child the left hand open and show every child's feelings and show every child's feelings and show every child's feelings and show the friends and kindness and show the friends and kindness and show the friends and kindness."
- Ask your child if they feel calmer now.

GOOD LUCK
with this activity

ACTIVITY ⓘ

LEARNING GOALS

By the end of the WEEK, children should be able to:

Recognise kind behaviour and demonstrate kindness

RESOURCES

Jar/Small Box
Small pieces of paper
Pen or pencil

VOCABULARY

Help Kind

ACTION

Sing the song from Activity 1 again.

Ask your child to write down on small pieces of paper, a time when they felt "strange" or different. Discuss: Ask your child to write down some of responding questions. Discuss: Highlight how you, too felt nervous or strange when you were different.

- Ask your child if they have ever felt nervous or strange when they were different, and when they felt scared or strange as you are about to do something.

Remind your child that people can be nervous or strange.

Tell them it **feels good to help others and be a kind person.**

Ask your child to read the text "Kindness Lessons" Questions.

Ask your child if they have any kind of kindness lessons. Write down at least pieces of paper. Discuss: Ask your child to write down "The Kindness Lessons." Discuss: Ask your child to write down "The Kindness Lessons." Discuss: Ask your child to write down "The Kindness Lessons." Discuss: Ask your child to write down "The Kindness Lessons." Discuss: Ask your child to write down "The Kindness Lessons."

- Tell your child that they can add more "Kindness Lessons" at any time, and he/she can be kind one and one again!

GOOD LUCK
with this activity

ACTIVITY ⓘ

LEARNING GOALS

By the end of the WEEK, children should be able to:

Recognise kind behaviour and demonstrate kindness

RESOURCES

Mini-Ed pencils
Kindness Game Questions (below)

VOCABULARY

Positive Kind
Kind

Sing the song from Activity 1 to start the activity.

Talk about different acts of kindness. Discuss: Ask your child what he/she can do to show kindness to others.

- For example: "You can show kindness to someone by being kind to him. You can be kind to someone by being nice to him. You can be kind to someone by being nice to him."

Ask your child how they would feel if someone was kind to them and was kind and helped them. How would that make your child feel? Discuss: Ask your child how they would feel if someone was kind to them.

- If possible, **make new teams by using the Kindness Game Questions.**

- Use dice to pick. If dice and red pentagon, ask a kindness question. If dice and blue pentagon, make — have your child choose from a kind action or a kind question. Whatever number the dice is then finger is the number which your child must do.

- If dice, 1 new, your child will ask a question. **If dice and red pentagon, the question number you will ask.** If dice and blue pentagon question. Each time someone wins a point. Play the game for as long as your child wants to.

Kindness Game Questions

1. Someone is struggling to learn of books. To show kindness, would you offer to read to them?
2. Walk past them and wave? Or, if you know them well, complete a hug is easy to hard to cards. Not in the mood to be kind? Or, if someone is struggling with work books, would you offer to help them? (Or, if you know them well, complete a hug is easy to hard to cards.)
3. There is a new child in your class. To show kindness, would you
4. Tell a joke to make them smile? Or, show a kind smile and remind your friend to keep trying?
5. You are playing with your friend and your brother/sister/friend is feeling sad. To show kindness, would you
6. Invite them and carry on playing? Or, you are colouring a picture, and your friend is feeling sad. To show kindness, would you
7. Invite them to colour with you? Or, you are playing with your friend and your friend is feeling sad. To show kindness, do you
8. Take the crayon, smile at your friend, and continue colouring?

GOOD LUCK
with this activity

ACTIVITY ⓘ

LEARNING GOALS

By the end of the WEEK, children should be able to:

Recognise kind behaviour and demonstrate kindness

RESOURCES

None

VOCABULARY

Kind Share
Difference

Write your child to **teach the song from Activity 1 to your family members, and join in the singing.**

Discuss how you can all be kind and helpful to help to your community.

Write your child to **explain the ways in which the whole family can participate.**

- **Ask your child to write down the ways in which the family can be helpful: charity, donating clothes, helping at a local food bank, cooking food for a local kitchen, or arranging for a neighbour to do a favour.**
- Write down the ideas here:
- Write down the ideas here:
- Write down the ideas here:

Discuss how your child can be kind to others and be different from others.

- For example: "I am normal or I am different but I love that Your kindness has helped the community."

GOOD LUCK
with this activity

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