

Heads Up Kids - Kindness Session

For Reception, Year 1 and Year 2

Introduction for Teachers

Why We Teach Kindness:

Teaching children to be kind helps them begin to think about others and develop empathy. When we receive kindness we feel better about ourselves and others. Kindness contributes to a positive view of the world. When children look for ways to be kind, they develop problem solving skills and the ability to change things for the better. Practising kindness helps children to have positive friendships and relationships. By teaching kindness, we develop positive mental health.

Facilitating this session:

We scripted a large part of the session for teachers (**in blue**) to make it as easy as possible. However, teachers should feel free to adapt the language and activities to the needs of their class. A good wellbeing session is just as much about creating a safe and positive space as covering all of the content.

*The Kindness Hunt Clues should be hidden around the classroom before the lesson.

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Aims:

- For children to consider the difficult behaviour that can happen in the playground and how being kind can help
- For children to think about all the different ways we can be kind
- For children to think about how kindness makes us feel

Rules:

Today we will be thinking about why it's important to be kind and in this session we will be thinking about how we sometimes feel.

The teacher reiterates their usual class rules to include:

- One person speaks at a time (put your hand up)
- Listen to what others have to say
- Don't make fun of what other people say - in the session or afterwards

Game: 5 minutes

The Sun Shines On…

The teacher chooses a child (A) and asks him/her to stand in the middle of the circle.

A is standing in the boiling hot sun and the rest of you are sitting in the shade. 'I'm going to say 'the sun shines on everyone who…' and then I'm going to say something like 'everyone who likes pizza' or 'everyone who has brown hair'. If that is true for you, you can stand up and come into the middle. But it's very hot in the middle, under the sun, so you need to quickly find a space in the circle again. The last person to find a space will be left in the sun and then we will start again with `the sun shines on everyone who…'

- Wears glasses
- Has a sister
- Has a pet
- Likes sushi
- Favourite colour is green
- Has ridden a horse
- Has been on a boat
- Has slept in a tent

The teacher plays a few rounds to energise the group before beginning the session.

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Today we are going to think about the playground and how we play in the playground and how we feel in the playground. Our playground is the same every day. Our bench doesn't move, our tree is still the same, the football area is still at the back (teacher to change details to describe their own playground) But what happens in the playground is different every day. No day in the playground is the same.

Binoculars: 5 mins

Let's imagine we are all watching the playground to see what happens. Everybody put on your binoculars. *The teacher directs the children to make 'binoculars' with their hands by holding them up to their eyes.*

Imagine we are looking out into the playground. What can you see that is ALWAYS there?

Take examples

- Bench?
- Tree?
- Hopscotch?

And what is everybody playing?

Take examples

- Football?
- Mums & Dads?
- On the play equipment?

Now what can you see that might be DIFFERENT today?

Feed in questions to elicit responses

Is anyone alone? How are they feeling? Is everyone getting along? What sort of behaviour can we see? What about when things aren't going so well?

- Leaving someone out (e.g. 'The game is just for 4!')
- Pushing
- Teasing
- Snatching

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Let's take off our binoculars and have a think.

The teacher then asks 'How might those children have felt when those things happened?'

- Sad
- Lonely
- Hurt
- Angry
- Left out

I can imagine you don't like the playground when children are unkind; unkind behaviour can make us feel hurt or angry or lonely.

What can we do to make sure it doesn't happen all the time?

The teacher asks for some ideas from the class.

I think we need to find ways to be kind, there are so many ways to be kind in the playground. Let's go on a kindness hunt!

Kindness Hunt: 10 minutes

The teacher explains that there are lots of kindness ideas hidden around the classroom and we have 5 minutes to find as many as we can. (See Kindness Clues Resource Sheet) The teacher puts on an alarm or stopwatch to create a fun atmosphere.

When you find one, bring it to me and we can read it to the class together.

The teacher puts on a timer and begins the game.

When the timer runs out, the teacher asks the children to sit back in the circle. The teacher lays the slips of paper out in front of the children. The teacher explains that all of the kindness ideas that we have found help to make our playground a happy place. The teacher asks the children if they can think of any more ideas.

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Kindness also means not messing it up for others when it's not our turn or our idea. We still join in and have fun. We need to make sure that it's not always the same people who get to choose and that we are all kind whether we are in the playground, the classroom, the lunch hall or at home. When we are kind we are thoughtful to other people. That means that we think about them.

When someone is kind to us it makes us feel good and we want to be kind to someone else. When we are kind, we notice other people, we think about how they feel, we include them in our games. When we are kind, we look for ways to help people and make things better.

What we would like to see: 10-15 minutes

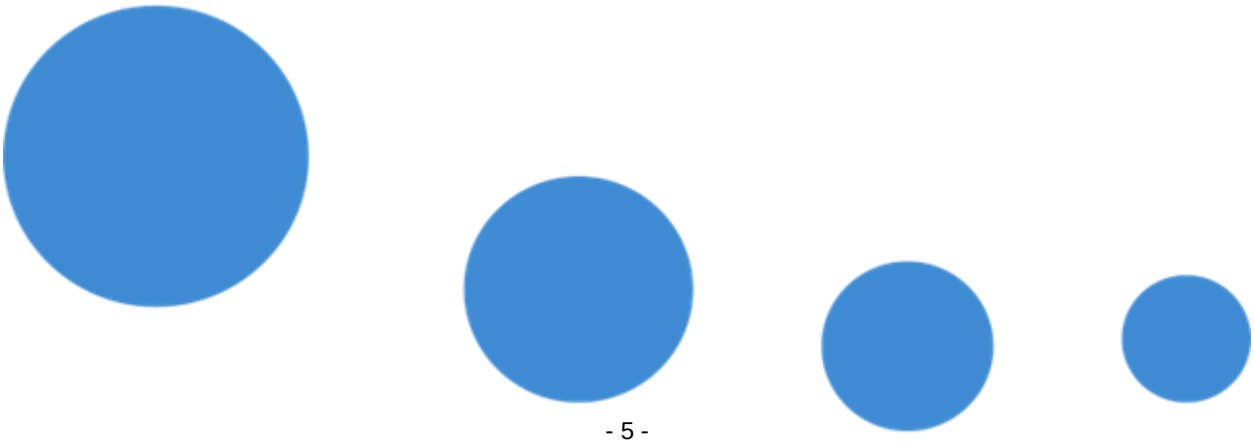
Imagine you are looking through your binoculars again. What would you LIKE to see in the playground? What would it look like if everyone was being kind? Can you show me?

The teacher hands out the **'What we would like to see'** Resource Sheet. Children have 10-15 minutes to draw a picture showing a kind and happy playground.

The teacher can ask the children to share their drawings and then creates a display as part of Now and Beyond festival day.

Message of the session:

When one person does something kind, it fills us with kindness and it reminds the next person to be kind. Kindness bounces from one person to another.



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