

BeLoved differently

Kindness:

This last week the children have been learning about the power and importance of kindness. The benefits of being kind are much greater for the giver than the receiver. Doing something kind and compassionate for a friend, family member or even a stranger has clear benefits to improving your own health and wellbeing.



As a family, what can you do over the next week to spread a little kindness? It is important to remember that an act of kindness can be anything that lifts or helps someone's day – it doesn't have to be a grand or expensive gesture or gift. Sharing a smile, leaving a note, showing gratitude, giving time are all examples of free but priceless acts. Do encourage your child(ren) to tell their teacher about the acts of kindness they have been sharing.

Stuck for ideas? Go online for some inspiration – there are some great acts of kindness generators, cards and calendars you can use.

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| Write a note ... | Help ... |
| Encourage ... | |
| Make lunch for ... | Surprise ... |
| Volunteer ... | |
| Say ... | Smile at ... |
| Spend time with ... | |

Mrs Bhogal and Mrs Bull



Please do contact us, if you feel that your child would benefit from some emotional support.