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| **Date:** | **Age group: Any?** |
| **Lesson objective: Kindness acts** | |
| **Resources needed:**  **Whiteboard and whiteboard pens or several pieces of very large paper and felt tips**  **Blank 30 day month calendar** | |
| **Description of lesson:**  **Start off with the alphabet largely written across whiteboard/paper**  **Ask the pupils to write an act of kindness they could do using each letter of the alphabet**  **Feedback to group**  **Then ask the pupils to turn that into an act of kindness they could do for themselves**  **Feedback to group**  **If there is time use the acts to fill in a kindness calendar alternating between acts of kindness for others and themselves** | |
| **Outcome:**  **Practical ways of implementing kindness to others and self** | |
| **Next steps/follow-on activity:**  **Ask pupils to tick off their calendar daily if they complete the act of kindness** | |