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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** |