

Kindness

Do we do enough?



Throw
Kindness
Around
Like
Confetti

Kindness

Lord Jesus,

During your life on earth you showed compassion and kindness to many people who were suffering and unhappy. Thank you for the people who have shown compassion and kindness to us and given us the courage to keep going, even when times were tough. Remind us this week, as we put on our school uniform, to put on the attitudes of compassion and kindness in all that we do.

Amen.



Do we do enough?

As we gather quietly in our forms, please show respect for one another by creating an atmosphere of reverence.

Think about the prayer your tutor has shared with you.

- Q- What do compassion and kindness look like and sound like?
- Q- Can you remember a time when someone was kind to you?
- Q- Can you remember when you showed kindness to another person?
- Q- What did it feel like to receive it or give it?

"When is world kindness day?"
asked the boy



"Everyday" said the mole.

Kindness

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It sounds a little trivial but even the smallest shared moments of kindness can make someone's day. Actions that show another person that you care and are willing to help.

After everything we have been through it is more important than ever to recognise the power of kindness.

Even as we return to school there are many things we need to be aware of to show our kindness and consideration for others.

We do not need a special day to remember kindness, it should be part of how we behave towards other people EVERY DAY.



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Kindness can bring huge benefits into our lives and is a key ingredient in increasing our mental health and wellbeing.

Too often we can show selfish and unthoughtful actions, we can be too consumed in our own things and we fail to notice that others need help.

- Q- Now that we are back at school and enjoying the benefits of our fabulous community, what actions should you be taking to demonstrate kindness to others?

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These might be some of your answers-

- Wearing masks in corridors
- Following the one-way system
- Being patient in busy places
- Noticing those that may be struggling
- Offering our support
- Being a great role model
- Speaking gently.





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There are many examples we can find to inspire us and show us that kindness really does matter.

Study the following images and talk to the person nearest to you about how kindness is being shown.

The first one is on the left.

Soldier in Afghanistan.

Kindness



Do we do enough?

Soup kitchen, late at night,
London underground.



Kindness

Do we do enough?

London Marathon 800m to the finish line.

Kindness

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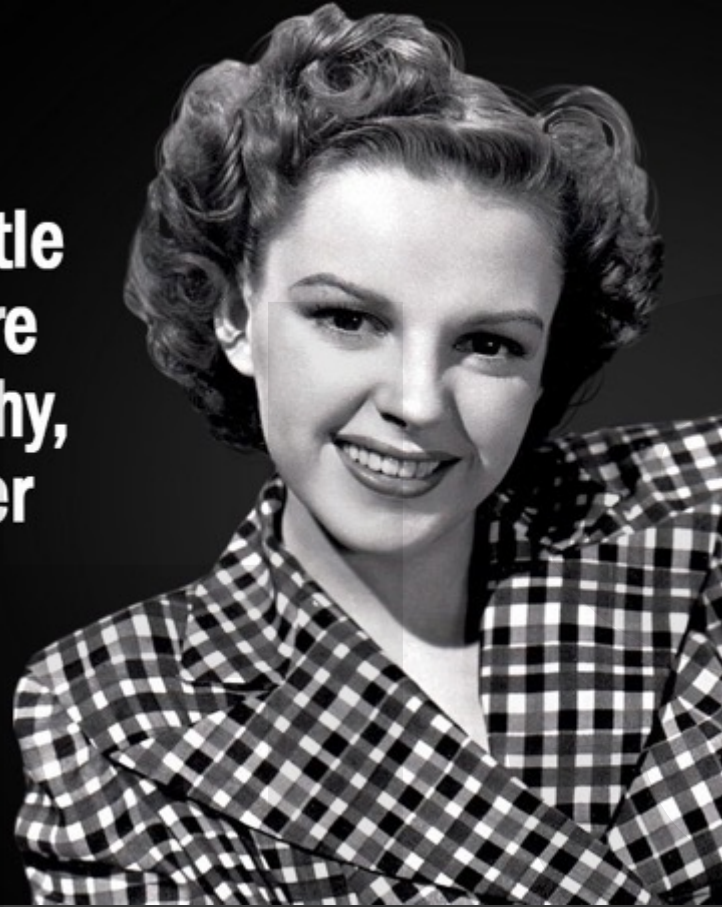
UK floods, two walkers by a river.



Wouldn't it be wonderful if we could all be a little **more gentle** with each other, and a little **more loving**, have a little **more empathy**, and maybe we'd **like each other** a little bit more.

– *Judy Garland*

AZ QUOTES



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Some famous personalities have spoken about kindness too.

Read the following quotes and discuss what they mean to you and the person you are sitting next to.

A single act of kindness throws out roots in all directions, and **the roots spring up and make new trees.**

-Amelia Earhart



Kindness

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- Q- What do roots and new trees have to do with kindness?

Try to be a rainbow
in someone else's cloud.

-Maya Angelou



Kindness

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- Q- Why are rainbows liked so much and are symbolic of hope?



Kind words can be short
and easy to speak, but their
echoes **are truly endless.**

-Mother Teresa

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- Q- Why do simple actions mean the most?

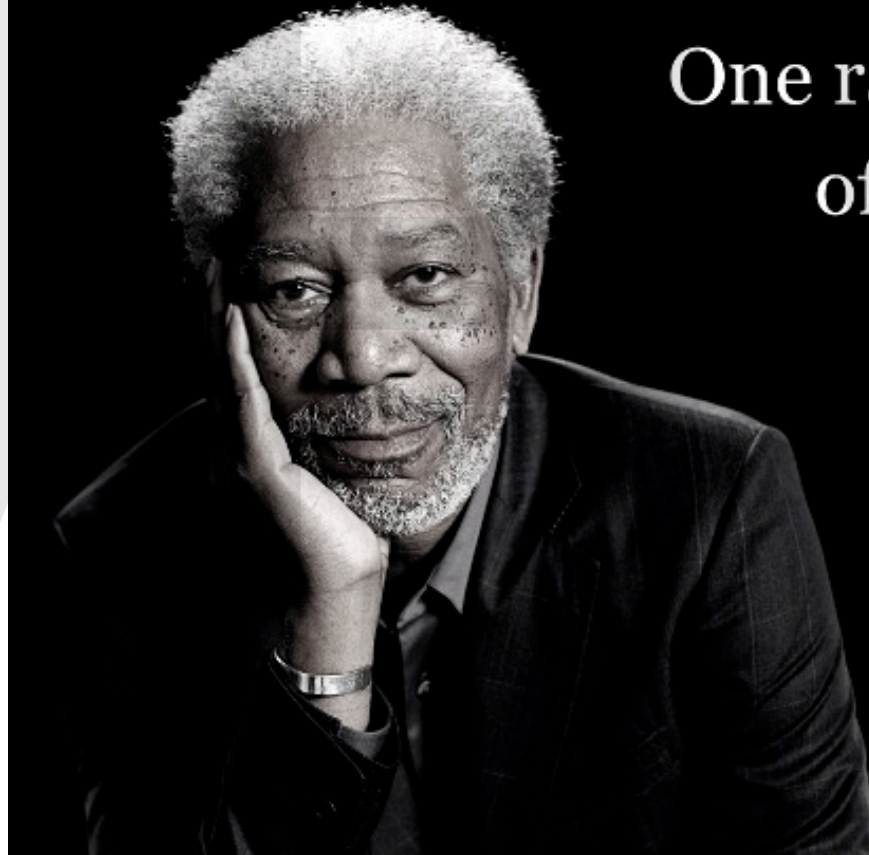
Kindness

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If everyone were to be kind and thoughtful every day, we would have the power to change the world.

- Q- What acts of kindness can you show today, and every day, that will count?

How do we change the world?



One random act
of kindness
at a time.

- Morgan Freeman -

Kindness



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Q- What short quote would you offer to inspire others about kindness?

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
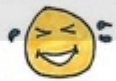


















Finally, but equally as important, how and when should we show kindness to ourselves?

- Q- What does 'self kindness' look like?
- Q- Why do we need it?
- Q- Study the suggestions on the right, can you think of others?

SELF-COMPASSION IN DAILY LIFE

inspired by the work of Chris Germer

Sketchnote by @Haypsych

Physical "soften the body"	Mental "reduce agitation"	Emotional "soothe and comfort"	Relational "connect with others"	Spiritual "commit to your values"
exercise 	meditate 	journal 	meet with friends 	pray 
sleep 	watch a comedy 	daily gratitude 	send a thank you card 	walk in nature 
massage 	read a book 	deep breathing 	play a board game 	help others 
a warm bath 	draw 	visualise a peaceful image 	join a club 	practice yoga 
a cup of tea 	do a puzzle 	listen to soothing music 	give a compliment 	go on a retreat 

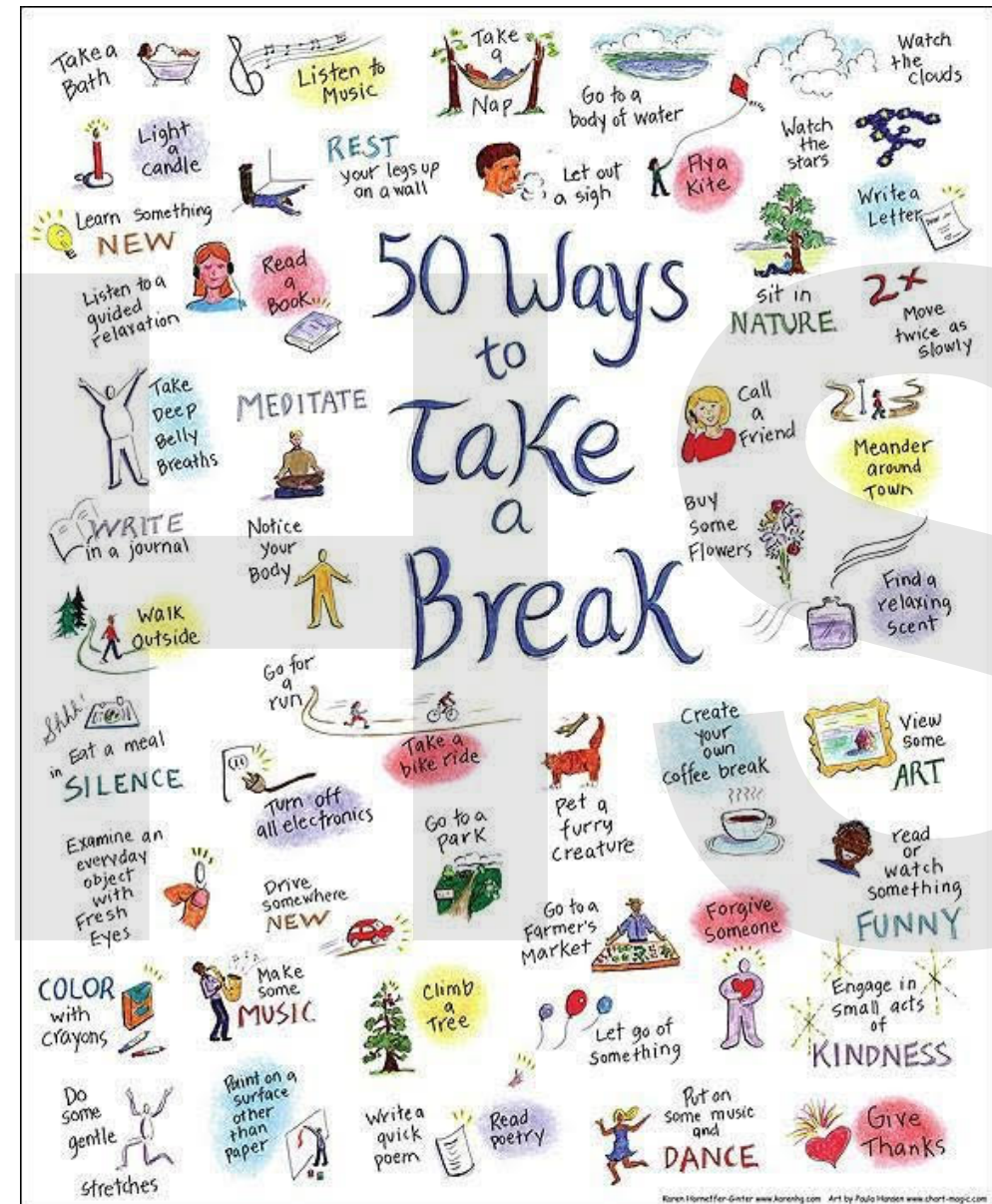
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Perhaps you thought of some of these?

Listen to the following song as you share with others how you look after yourself by 'being kind to you'.

<https://youtu.be/L0X03zR0rQk>





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UP FOR A CHALLENGE?

Let's see if we have some brave souls who can put together their own sort clip of the kindness dance. Examples below for you.

If you take up the challenge, please show your final footage to your form tutor or HOY, we will share and celebrate this with our extended community (and wider still) by tweeting via our @SJHSwelleing and @sjhsnewport twitter accounts.

- <https://youtu.be/AfiYOOD4BLA>
- <https://youtu.be/gl1wfpjRJP8>
- <https://youtu.be/EBzBA3YAqxY>



The Kindness Test

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The University of Sussex and The BBC have launched 'The Kindness Test' which is the largest ever scientific project aimed at measuring kindness in the UK.

The online questionnaire can be access via this link

https://universityofsussex.eu.qualtrics.com/jfe/form/SV_1RYvaR5UA1czYvs

Its aim is to understand how people look at kindness, where, when and how it is shown. Is kindness considered a weakness or strength in people? Why do we need others to be kind?

Kindness

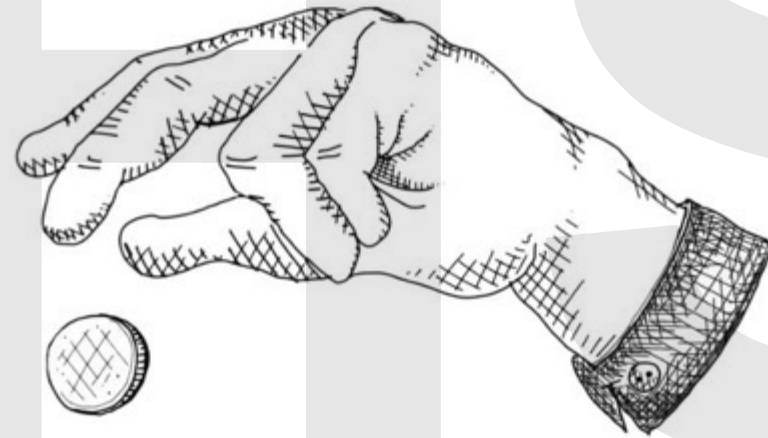
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Further reading

- <https://www.bbc.com/future/article/20201215-why-being-kind-to-others-is-good-for-your-health>
- <https://www.bbc.co.uk/sounds/play/p09tmisp8>

"KINDNESS IS FREE TO GIVE, BUT
PRICELESS TO RECEIVE."

- RAKTIVIST



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