

Being Kind



Draw a picture of a heart on a piece of paper. Now think of all kind acts people do for you and on one side of the heart colour in a patch of your heart, a different colour for each act. Things like when your sibling plays with you or your parent or carer cooks food that you like.

Add all the kind things that you do for other people that also make you happy on the other side of the heart. Maybe you call your grandparents or tidy up all your toys. Keep going until your heart is full.

Think about how kindness can fill up your heart. Imagine how your kind acts fill up the hearts of others.