Task 2 – Kindness

Please watch the following clip/song about kindness. We often talk about acts of kindness in assembly and how a small act can go a long way. The reason this video is called ‘Boomerang Kindness’ is because if we kind to others, people will be kind to us (we will get it back – just like a Boomerang!)

https://www.youtube.com/watch?v=nwAYpLVyeFU

On a piece of paper draw a picture or symbol of what kindness means to you. On your paper, list 5 acts of kindness that you will aim to do this week. Tick them off as you complete them and think about how this has made you feel. What emotions have you had? How do you feel inside? How do you think you have made the other person feel? Write these findings and feelings down like you would in a diary.