



<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

1. Ask your child to think of a time someone was kind to them or when they were kind to someone.

What happened?

What did they do?

How did they feel?

Draw a picture or write about it.



2. Draw an outline of their hand on a piece of paper. On each finger, they can write or draw an idea of how to be kind to someone this week.

#### Kindness re-callers

At the end of each day, encourage your child to talk about any kind acts they have done and how this made them feel.



### 3. Tree of kindness

Draw a tree and colour it different shades of brown.  
Cut leaf shapes out of coloured paper or colour in some leaf shapes.

Every time your child shows an act of kindness, write it on a leaf and let them stick it onto the tree.

At the end of the week, take a photo of their tree showing their kindness to others.



### 4. Kindness poem

Can you write a poem about how people have helped each other and shown kindness, during lockdown? You can present and illustrate it any way you choose.



**K** \_\_\_\_\_  
**I** \_\_\_\_\_  
**N** \_\_\_\_\_  
**D** \_\_\_\_\_  
**N** \_\_\_\_\_  
**E** \_\_\_\_\_  
**S** \_\_\_\_\_  
**S** \_\_\_\_\_

Please share your child's work on dojo so that we can all celebrate their kindness.