

WHAT IS KINDNESS?

Whether you're playing a game with a new friend or helping someone with homework, kindness helps create a better world.

Kindness can help you:

- Feel good about yourself
- Learn new things
- Be a great friend

Asking someone how they're feeling, sharing something you enjoy, thinking about what other people want and need and saying thank you are all great ways to be kind. Think about what kindness means to you and have fun doing these activities.

Three kindness activities:

1. KINDNESS WORDSEARCH*

* See additional sheet

2. HOW MANY WORDS CAN YOU FIND IN THE WORD KINDNESS?

3. WRITING ACTIVITY

What does Kindness mean to you? How can you make the world a kinder place?
What would a kinder world look like in 20 years?

the
KINDNESS
challenge



childline

ONLINE, ON THE PHONE, ANYTIME

If you ever need support you can call **0800 1111**, or visit **childline.org.uk/kids**

WORDSEARCH ACTIVITY



Can you find the following words related to kindness in the grid?

Remember words can be horizontal, vertical and diagonal.

- | | | |
|------------|--------------|---------------|
| FRIENDSHIP | KIND | LOOKING AFTER |
| SHARING | LISTENING | INCLUDING |
| COMPASSION | FRIENDLINESS | HELPING |
| EMPATHY | NICE | GENTLE |
| RESPECT | HONESTY | |

C O M P F E U S Q M F R I E K D E W B P M C
 G E W C I K E L P E R K O O P I N G I S T O
 L Z C F R I E N D S H I P P R E A G R I N M
 W K T C I P R A C W O N L I N E D S S O I P
 S L H S S E P P R E S D H E P P O O N M I A
 R O I N C L I N G E F R I E N D L I N E S S
 S O P A T H L I S B V N N O O S T E N G H S
 T K A T E R G L Y V U O S S G T U L C S M I
 U I S N P K T X X U D G R V B O O S S T L O
 U N F H Y H E P G C E T L E P N G H R E N N
 A G F D N O E O O S S P W H U C Y A N M A E
 E A Y I E N O L D V I R M V U I O R S F T E
 A F T O R E B Z P Y E E O O N I T I J X E A
 L T O E A S F T O I F N O E E N F N P J G C
 A E M P A T H Y I O N N E Y C C K G I Y X E
 H R W U O Y E A H E I G Y O O L S S E C C K
 H X H I U O L G S C Y A E N U U S T A M E L
 E L W U I C R E S P E C T P A D D T B N E E
 L W O C Y T O N W E N S S S I I G B C N U T
 M P W A U E C T T N I S S O P N B B N S X I
 G I Y N B P A L I S T E N I N G S P I T M C
 O R J U S S A E R G V I U M T P O O S T K A

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