

BEING KIND TO OTHERS:

ACTS OF KINDNESS GENERATOR

Note for teachers: It might be helpful for you to model making the fortune teller with the children. If you've not made a fortune teller before, or if you're a more visual learner, there are loads of videos on YouTube that can help!

INSTRUCTIONS

1. Cut out the fortune teller square. You can also use a square piece of paper.
2. Fold the paper in half so it makes a triangle, then unfold. Repeat in the other direction. Your square should have an 'x' on it.
3. Fold the paper in half so it makes a rectangle, then unfold. Repeat in the other direction. Your paper will have an 'x' and a '+' on it.
4. Fold the four corners to the middle of the paper. It will look like a smaller square with four triangles inside it.
5. Flip the paper over. Fold the corners to the middle of the paper. One side of the paper has four squares inside it, the other has eight triangles inside it.
6. Lift each triangle 'flap' and write something kind you can do for others inside. You will have eight acts of kindness in total. Draw colours on the squares and write numbers on the triangles.
7. Close the flaps and fold the fortune teller in half, with the squares on the outside. Put your thumbs and pointer fingers under the squares and push the fortune teller into shape (a bit like a pointy square). If this is tricky, ask a friend or teacher to help.
8. Play with the fortune teller with a friend to help you decide what act of kindness you are going to do this week.

Remember to ask each other if you've done your act of kindness, to help you and your friends be responsible for your actions. Another big word for this is called 'accountability'.



Accountability: When we are responsible for our own actions. It means doing what we say we're going to do and telling the truth when we have done something wrong.

the
KINDNESS
challenge



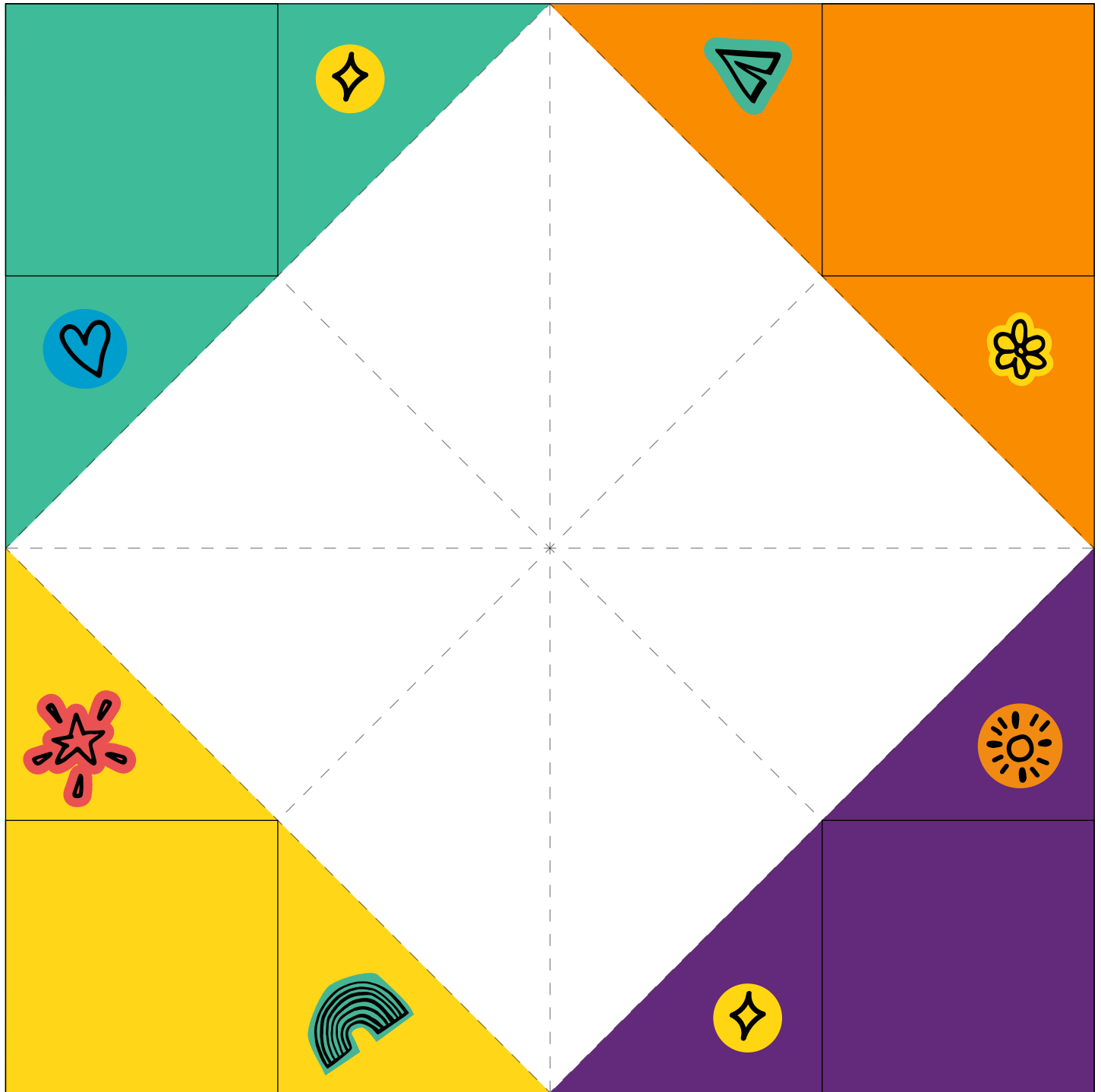
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ONLINE, ON THE PHONE, ANYTIME

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

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Instructions: Follow your teacher and fold along the dotted lines.

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