

TWO HEARTS OF KINDNESS

Kindness can help people feel seen, supported and valued.

INSTRUCTIONS

1. Cut out the two hearts on the next page.
2. On the first heart, write a value that is important to you and how you can demonstrate it through your actions.

For example:
 - Respect – I will listen when others are speaking.
 - Empathy – I will check in on someone who seems upset.
 - Inclusion – I will make sure no one feels left out.
 - Courage – I will stand up for what's right.
 - Kindness – I will say something encouraging to someone.
3. Decorate and colour your values heart.
4. On the second heart, write a positive message, kind words or an act of kindness that could brighten someone's day.

For example:

- You matter.
- Be proud of yourself.
- You've got this.
- Thank you for being you.

A small act of kindness can make a big difference. Who can you help today?

5. Decorate and colour your kindness heart.
6. Display one or both of your hearts where others can see them and be encouraged by your message.

TEACHER NOTES

Students can display their individual hearts around the school, or combine them to create one giant class heart..

If students are displaying individual hearts, they could place them:

- Near a water fountain.
- On a noticeboard.
- In a corridor.
- Outside a classroom.
- In the bathroom or toilet stall areas.

Remember: Kindness, respect and inclusion can help people feel supported, valued and understood.



childline

ONLINE, ON THE PHONE, ANYTIME



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

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