

'KINDNESS IS MY SUPERPOWER' CROWN

Kindness is a superpower that everyone can share.

INSTRUCTIONS

1. Colour in the crown on the next page.
2. In each heart, write or draw a way you can show kindness to other people.

For example:
 - Say something kind to a friend.
 - Help someone if they need it.
 - Share with others.
 - Say thank you.
 - Include someone in a game.
 - Make someone smile.
3. Carefully cut out the crown.
4. Ask an adult to help you join the ends of the crown so it fits your head. (Use the extra crown strip if you need a little more room.)
5. Wear your 'Kindness is my Superpower' Crown and see how many acts of kindness you can complete throughout the day.

Remember: Every act of kindness, big or small, can make someone's day better.

Kindness looks good on everyone.

TEACHERS NOTES

Why not ask students to wear something with hearts on it, or wear red, pink or purple to celebrate kindness? A small donation to wear a heart could help power Childline.



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**

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