



KINDNESS

Give a little time....



WHAT IS KINDNESS?

'Colour Your World With Kindness' is all about kindness. At first, everything is grey, but every time someone is kind, colour appears.



‘When we share acts of kindness, we colour our world.’

- By being kind, we make our world a nicer place to live. It makes people feel happier and it encourages more people to be kind.



'Here's your canvas!'

- What is a canvas?
- Artists use canvases to paint on.
- The video is suggesting that we all have a canvas to paint on, and this canvas is every day of our lives.
- We can write on the canvas with good or bad things.
- Our canvas can be full of colourful acts of kindness.
- We can colour the school with kindness.

7 Volunteers....



- **Mean/Kind.** The first grey word is 'mean'. Can you imagine what school would be like if everyone was mean? It would be a horrible place because we'd be constantly falling out with our friends. When the word is turned over, we can see that the opposite of 'mean' is 'kind'. If everyone was being kind, teachers wouldn't have to sort out any friendship problems.
- **Unhelpful/Helpful.** The next grey word is 'unhelpful'. If everyone was being unhelpful, teachers would find it difficult to teach and we would find it difficult to learn. However, when we turn the word over, we can see Little Miss Helpful. Teachers love it when children are being helpful, whether it's by handing out books and whiteboards or by tidying up the classroom.
- **Selfish/Sharing.** The word 'selfish' describes people who think about themselves all the time rather than thinking about their friends and how they're feeling. For example, we might keep all the toys to ourselves during playtime. The opposite of 'selfish' is 'sharing'. We'll always find that playtimes are happier when we share toys because we can have more fun with our friends.
- **Lying/Honesty.** Lying can cause many problems because it can lead to friends falling out with one another, the teacher telling off the wrong child and the person who's told the lie feeling really guilty. Turn the word over and there's a little saying that's commonly heard: 'Honesty is the best policy'. Sometimes, it can be really difficult to tell the truth and be honest. However, teachers always prefer children to be honest because that means that they can be trusted. Also, if it is discovered that a child has lied, the child ends up in more trouble for telling the lie.

- **Miserable/Joyful.** Can you imagine if everyone came into school in a really miserable mood? Nobody would be smiling and there wouldn't be any laughter. It would be awful! The opposite of 'miserable' is 'joyful'. It's always so much nicer to have a class full of children who are happy and joyful because this helps to make learning fun.

-**Annoyed/Patient.** Think about what makes you annoyed. Sometimes, teachers get annoyed when children in their class are whispering when they are meant to be listening or shouting out an answer when they should be putting up their hands. When teachers get annoyed, they can turn into grumpy teachers. If we know that we're annoying our friends, it's always best to stop before it ends up in an argument. Being patient means that we're waiting for our turn at something. Schools are kinder and happier places when everyone is being patient.

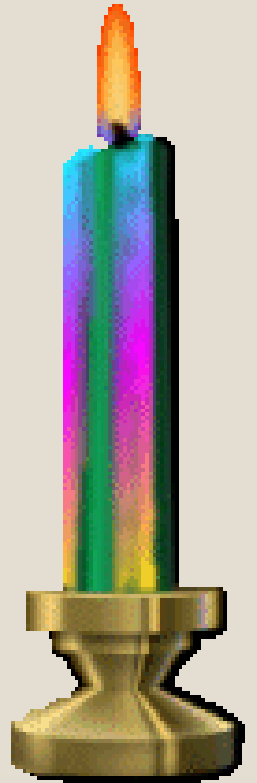
- **Dislike/Forgive.** When we've had a falling-out at school, we can end up disliking the other person. If a friend has done something to upset us, it's far better to forgive than to stay cross and angry with them. In the Bible, Jesus taught people to forgive others rather than to stay cross and angry. Jesus taught that God forgives the things that we do wrong when we say sorry, and we ought to forgive others. Forgiving someone makes everyone feel better and happier within themselves.



Time to Reflect...

- *Look at the grey words again.*
- Who would like a grey school?
- Now look at the brightly coloured side.
- Who would like a bright colourful school?
- Why would you like to have a colourful school?
- When we're kind to one another and treat each other nicely, it leads to a better and happier school. We are 'colouring the school with kindness'.

Who would like to share their reflection?



Values Lesson

Watch slide 8 again.

Discuss what the man was like at the beginning of the film. Did he look happy?

What happened towards the end? Why was he happy?

Introduce the concept of intrinsic reward.

Why do you think he pretended he couldn't see at the end?

