Activity sheet
## Exploring kindness

### Be kind

Whether it's towards a close family member or a complete stranger, showing kindness makes us feel happier too!

**Why do you think being kind to other people can improve our own wellbeing?**

There are many different ways to be kind - using our head, heart, words and actions.

Complete the diagram on the next page and come up with examples of different ways that you can show kindness - and don't forget that being kind to yourself is just as important.

Once you have finished, why not colour in the person template.

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**Head –** I can have patience and think kinder thoughts

**Your example:**

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**Mouth –** I can use kind words to brighten another person's day

**Your example:**

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**Heart –** I can be kind to myself

**Your example:**

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**Hands –** I can use my actions to be kind to my family, my community and my planet

**Your example:**

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