

"NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED."

-AESOP-



Smiling Mind- Acts of Kindness

Our learning intention for weeks 9 and 10 has been to understand and experience the benefits of kindness personally and with others. This fortnight students have been encouraged to take mindful action to help another living thing. Students have been learning how this can benefit the larger community but also how participating in acts of kindness fosters compassion and empathy in ourselves.

ONE
KIND
WORD
Can Change
Someone's
Entire Day

Our meditation for this focus invited students to use mindfulness to connect with feelings of empathy and kindness for others.

Visit www.actionforhappiness.org for some great Acts of Kindness ideas such as these below:

30 actions to help parents look after themselves and their families in challenging times. Please use and share

1 Go on a smile collecting mission, starting with a smile in the mirror	2 Choose one song each and arrange a family dance off	3 Send someone a message to show you really appreciate them	4 Take turns to notice 3 things around you that are beautiful	5 Be kind to yourself and others	6 Together, make a list of things you are grateful for	7 Think of a goal to work towards and do one thing to get started
8 Take a mindful walk together and notice what you see hear and smell	9 Play Musical Statues	10 Create a bedtime routine together to help with sleep	11 Bake cupcakes and decorate them as gifts for each other	12 Cross your arms and give yourself a hug	13 Take turns to share a happy memory	14 Find out about the values and traditions of another culture
15 Do something together to support a local charity	16 Create a collage of things that make you feel happy	17 Before bedtime, share what has gone well during the day	18 Introduce a family 'Daily Pause' to be calm together	19 Create a family wishes jar and take steps to make them happen	20 Learn a new skill together as a family	21 Create a kindness box to keep a record of kind actions
22 'Surprise' yourself. Find unexpected ways to move your body	23 Make a rainbow salad	24 Smile and say something positive every time you walk into a room	25 Create a poster highlighting everybody's strengths	26 Notice the shapes, colours and smells of a new family meal	27 Make a list of things that have helped you cope with difficult times	28 Tell someone you love how much they mean to you and why
29 Do something good for the environment	30 Hold an awards ceremony to celebrate acts of kindness					

"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

www.actionforhappiness.org
Keep Calm · Stay Wise · Be Kind

Being kind makes the world a better place,

Many thanks

Miss Castle