

Week 2, Stop and Think (Session One)



If someone is kind to you, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 2, Stop and Think (Session Two)



If you do something kind, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session One)



If you say something kind, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session Two)



**Try a ping-pong conversation.
How did it feel?**

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session One)



If someone has said something harmful to another, how do you think they felt?

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session Two)



If you say something kind to make someone feel better, how do you feel?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session One)



Try to do something helpful in the classroom that you don't usually do. How does this feel?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session Two)



Try asking a friend or family member what their favourite meal is. Practise sharing your different views.

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session One)



When the teacher is talking to you, practise actions that show respect.

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session Two)



If you borrow something, look after it and put it back in the right place.

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session One)



Think of someone in your family and try to think of a reason why they should be respected.

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session Two)



Find out about a job which a family member or friend does. What special quality do they need for their job?

Pure kindness – feels good, doesn't it?

