

Week 2, Stop and Think (Session One)



If you do something kind, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 2, Stop and Think (Session Two)



Try to do something kind which no one knows about except you. How did you feel?

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session One)



If you give and receive kindness, is there a difference in how you feel?

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session Two)



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

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session One)



Can you think of a story where someone is harmed? How do you think the character felt?

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session Two)



If you have been tempted to say something harmful, how did you avoid it?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session One)



Try to do something helpful at home that you don't usually do. How did it feel?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session Two)



If someone expresses an opinion you disagree with, how do you react?

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session One)



Try to show respect to someone in your family through actions or words. Did they notice?

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session Two)



Think about how you treat property belonging to other people compared to your own. What do you notice?

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session One)



If someone showed you respect, how would you know? How does it feel when you are respected?

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session Two)



Can you identify a famous person who you think everyone should respect? Give reasons.

Pure kindness – feels good, doesn't it?

