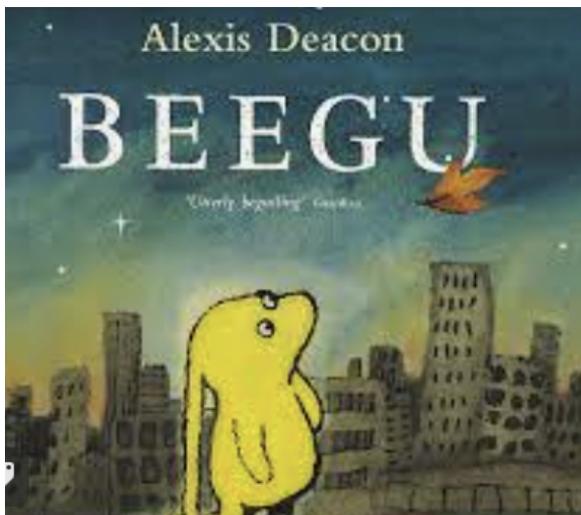


Character Education - Kindness



During the first week back after half term, Tijen introduced the children to the new Character Strength that we are focusing on, 'Kindness'. At Grange Park Primary School, we believe that fostering kindness is not just part of our curriculum; it is a fundamental aspect of building a supportive and compassionate community. Therefore, the children explored the character trait 'Kindness' through the story 'Beegu' by Alexis Deacon. The story is about an alien named 'Beegu' who isn't supposed to be on Earth. She is lost and missing home and the Earth People, particularly the BIG ones, don't seem very welcoming at all. The little ones however, are a different matter, and the story takes us on a journey of friendship, kindness and inclusion. After enjoying the story, the children were asked to consider the character of Beegu and how we show kindness to others when they are a 'new person,' starting somewhere new.

During the assembly, we discussed the meaning of kindness: **Being friendly, generous, and considerate to others, choosing to do something that helps others or yourself, putting other people's needs before our own.**

Together we recognised that beyond its inherent goodness, research consistently shows that practising kindness has numerous benefits for both the giver and the receiver. It

contributes to positive mental health, creates a sense of belonging, and fosters a school environment where everyone feels valued.

How to support at home

As parents, you play a crucial role in instilling this value in your children. Here are some practical ways you can promote kindness at home:

1. **Lead by Example** - Children often learn by observing the behaviour of their parents. Model kindness in your everyday interactions - whether it's helping a neighbour, expressing gratitude, or simply being patient in challenging situations.
2. **Encourage Empathy** - Help your child/ren to understand others' feelings by discussing different perspectives and emotions. Ask questions like, "How do you think they felt?" or "What would you do in their shoes?" This helps build empathy, a cornerstone of kindness.
3. **Teach the Power of Words** - Words have the power to uplift or hurt. Encourage your child to choose their words wisely and to express themselves in a positive manner. Remind them that a simple compliment or a few kind words can make someone's day.
4. **Practise Gratitude** - Cultivate a sense of gratitude by regularly expressing thanks for the people and things in your lives. Encourage your child to create a gratitude journal or share what they are thankful for during family discussions.
5. **Volunteer Together** - Engage in community service or volunteer activities as a family. This not only reinforces the importance of giving back but also provides valuable bonding time while making a positive impact on others.
6. **Establish a Kindness Routine** - Create a daily or weekly routine focused on kindness. Set aside time for your child to perform small acts of kindness, whether it's helping with chores, sharing toys, or writing a kind note to a friend. There is a checklist below to help.

Remember, kindness is a lifelong skill that goes beyond academic achievements. By fostering a culture of kindness at home, you are not only shaping your child's character but also contributing to a more compassionate and harmonious world.



AOK @ home

Acts of Kindness to do at home. Try to do 1 thing a day during this half term but you can carry this on throughout the year!

- | | |
|--|--|
| <input type="checkbox"/> Help to lay the table | <input type="checkbox"/> Telephone your grandparents |
| <input type="checkbox"/> Feed a pet or the birds outside | <input type="checkbox"/> Give a compliment to someone |
| <input type="checkbox"/> Share your toys | <input type="checkbox"/> Put your stuff away |
| <input type="checkbox"/> Do a job without being asked | <input type="checkbox"/> Make you parents breakfast or lunch |
| <input type="checkbox"/> Make your bed | <input type="checkbox"/> Help to make dinner |
| <input type="checkbox"/> Run your mum a bath | <input type="checkbox"/> Help hang the washing up |
| <input type="checkbox"/> Take the rubbish out | <input type="checkbox"/> Help to put the washing away |
| <input type="checkbox"/> Read to a younger sibling | <input type="checkbox"/> Write a thank you letter to someone |
| <input type="checkbox"/> Wash someone's car together | <input type="checkbox"/> Donate stuff you no longer want or need |
| <input type="checkbox"/> Help at a community event | <input type="checkbox"/> Smile at three people and say hello |
| <input type="checkbox"/> Hold a door open for someone | <input type="checkbox"/> Help with the gardening |

