



Headstrong -

Week 5

2020/21

<https://www.youtube.com/watch?v=0IGGxMO7X1g>





What does kindness mean to you?

Is it always easy to remember to be kind?

How have you been kind recently?

How have people been kind to you recently?

Do you think we are kind enough as a society?

https://www.youtube.com/watch?v=ax_bkSjQu_0



HEALTHY SCHOOLS

CHALLENGE:

1. Think of something kind that you can do for yourself to help boost your own wellbeing this week.
2. Decide on a random act of kindness that you are going to perform for someone else and complete this during the week.
3. Share your ideas together as a form so that you can be working together to be kind this week (don't forget to ask your tutor to share what you have been doing if you would like to be in the draw for the cards or the badges).



Kindness
is my
Superpower

