#### https://www.youtube.com/watch?v=xmNlhJnwN6c





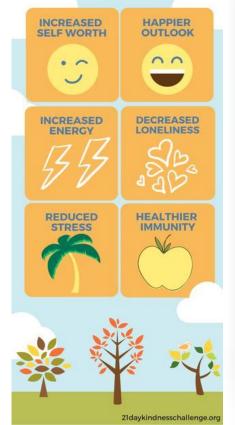
# Headstrong

## Week 3

### Kindness

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.

#### Health Benefits of Being Kind









# Can you be caught being kind?

There are 2 parts to our challenge this week.

- 1. As a form, think about different ways you might be kind to someone else this week. If you talk it through together it might give everyone else ideas that they could try too.
- 2. Can you be caught being kind this week? What are you going to try to do for someone else?
- 3. Shout-outs next week will be sharing ways in which people have been kind this week, so email Mrs Cole at <a href="mailto:laura.cole@hgs.herts.sch.uk">laura.cole@hgs.herts.sch.uk</a> and I will share as many as these as I can next week!





