

Invite the child to think about toys/games which they have at home and what the packaging looks like.

Explain that toys and games are designed to be appealing to people to make us want to buy them.

Not only do they use colours and shapes that reflect what the toy is and the theme, they also include statements and descriptions that show what they are like on the inside.

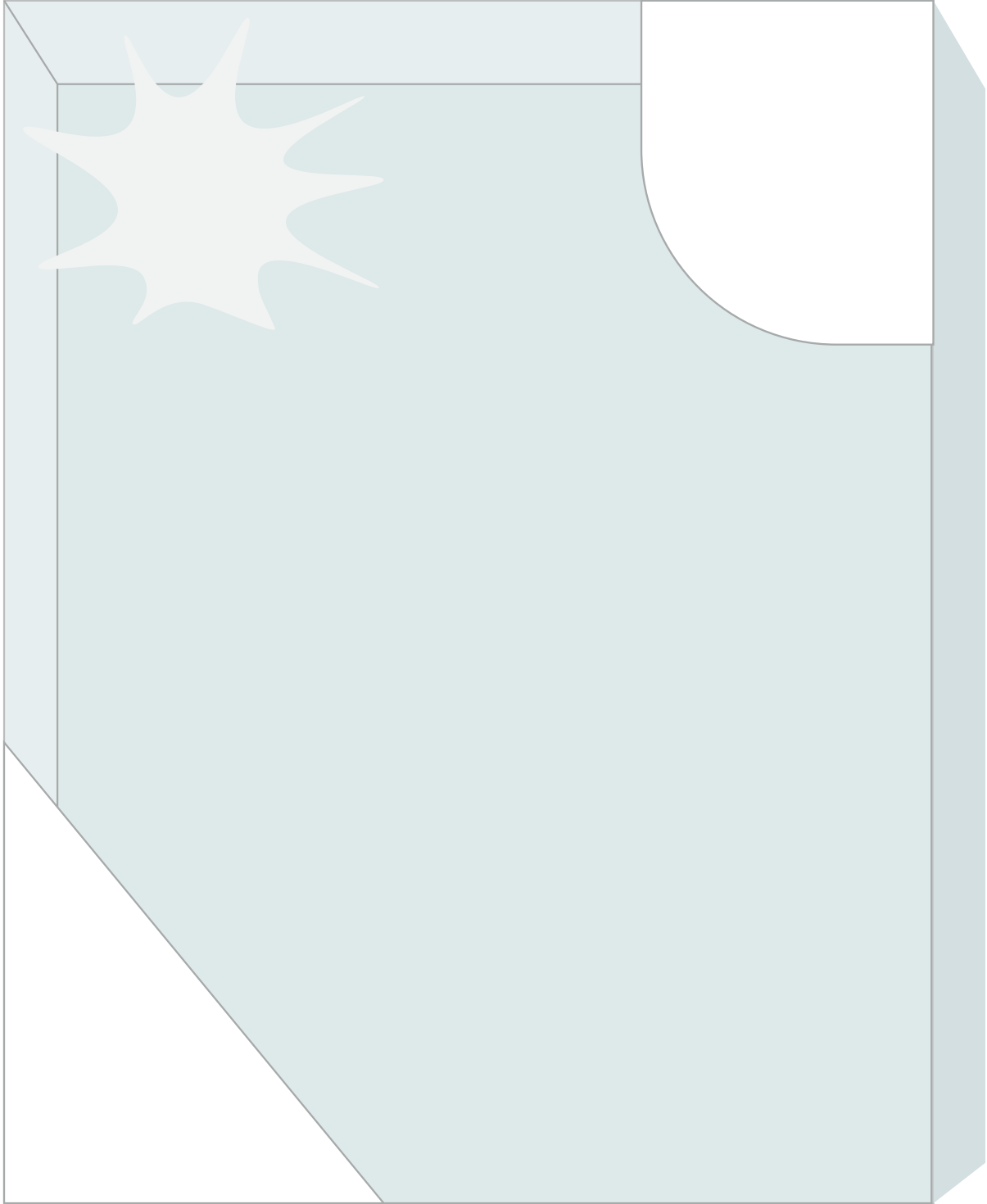
**Next ask them to to imagine that they are a toy and that they want to be bought.**

Explain that they are going to design their own personal packaging, as if they were a toy.

Invite them to think about what colours represent their personality and what they want people to know about them.

Use the template as a base and add to it with arts and crafts.





We all need to feel like we're being listened to by whoever we're talking to and sometimes it can be difficult to make sure you're fully listening to the other person.

Try out these tips the next time someone is talking to you, this will let them know that you are fully listening.

It's nice to show you care, why not try asking **"Are you okay? You seem a little down. Anything you want to talk about?"**

When someone has told you something it's good to repeat the words that the person has said to you, so they know you have understood these words, try saying something like **"Let me see if I got this right?..."**

When they are talking to you there might be moments of silence in the conversation, these silences can feel scary and sometimes awkward but these moments of silence allow the other person time to think of what they want to say.

**Allow this silence, take it slowly and don't feel tempted to say something during the silence. Silences are good!**

We don't want to add our own opinion or disagree with them, it's best to say something like **"I can see why you would feel angry about this"** - this is validating someone's feelings.

**Don't tell them it's all going to be okay** - it might end up being okay, however it might not feel okay to them for a while. It's best to just **listen, repeat and validate**



This activity should be done in pairs, explain that each person will create a poster about their partner by getting to know them better.

Invite each child to spend a few moments thinking about questions which they would like to ask when they interview their partner. Encourage them to write these down using the template.

Explain that the goal is to find out as much as they can about what they like and do not like.

Next, explain to the group that each pair will have a set time to interview each other. It is up to each pair to decide how they want to split the time.

They may want to divide it so 1 person asks all their questions first and then they swap or they may choose to take turns asking each question.

Once the interviews have been completed invite each person to create a poster about the person who they interviewed.

Once the poster is completed they will show this to the other person and check that they have captured what was said.

In their pairs, they will ask each other to choose one thing which they are happy to be shared with the group.

Each person takes a turn to share one thing they have learnt about their partner. If they want to, they can also share how they found the experience of interviewing.



# Who are you?

Question 1:

Answer:



Question 2:

Answer:

Question 3:

Answer:



1. Cut out the square template and turn it face down.
2. Fold each corner towards the centre so that the numbers and pictures are facing you.
3. Turn it over and again fold each corner into the centre so that the numbers are visible.
4. Fold it in half so that the numbers are touching and the pictures are on the outside.
5. Now open it and fold it in half the other way.
6. Insert your thumb and first finger of each hand (pinching motion) under the picture flaps.
7. Close it so only the pictures show.

## TO USE:

Pick a picture and open and close the Kindness game the same amount of times as letters in the word- e.g. D-E-E-R = 4 times

Next, pick a number and open and close again as you count.

Then pick a number that is visible and open that flap.

Read your Kindness Challenge!

**You can play as many times as you like-  
the more challenges completed the  
better!**

**Then why not make and colour in your  
own with our template.**



**1** **FOX**  
Leave a kind note for someone to find

**2**  
Tell a friend your favourite thing about them

**3** **Deer**  
Donate some preloved toys to charity

**4**  
Make a thank you card for someone

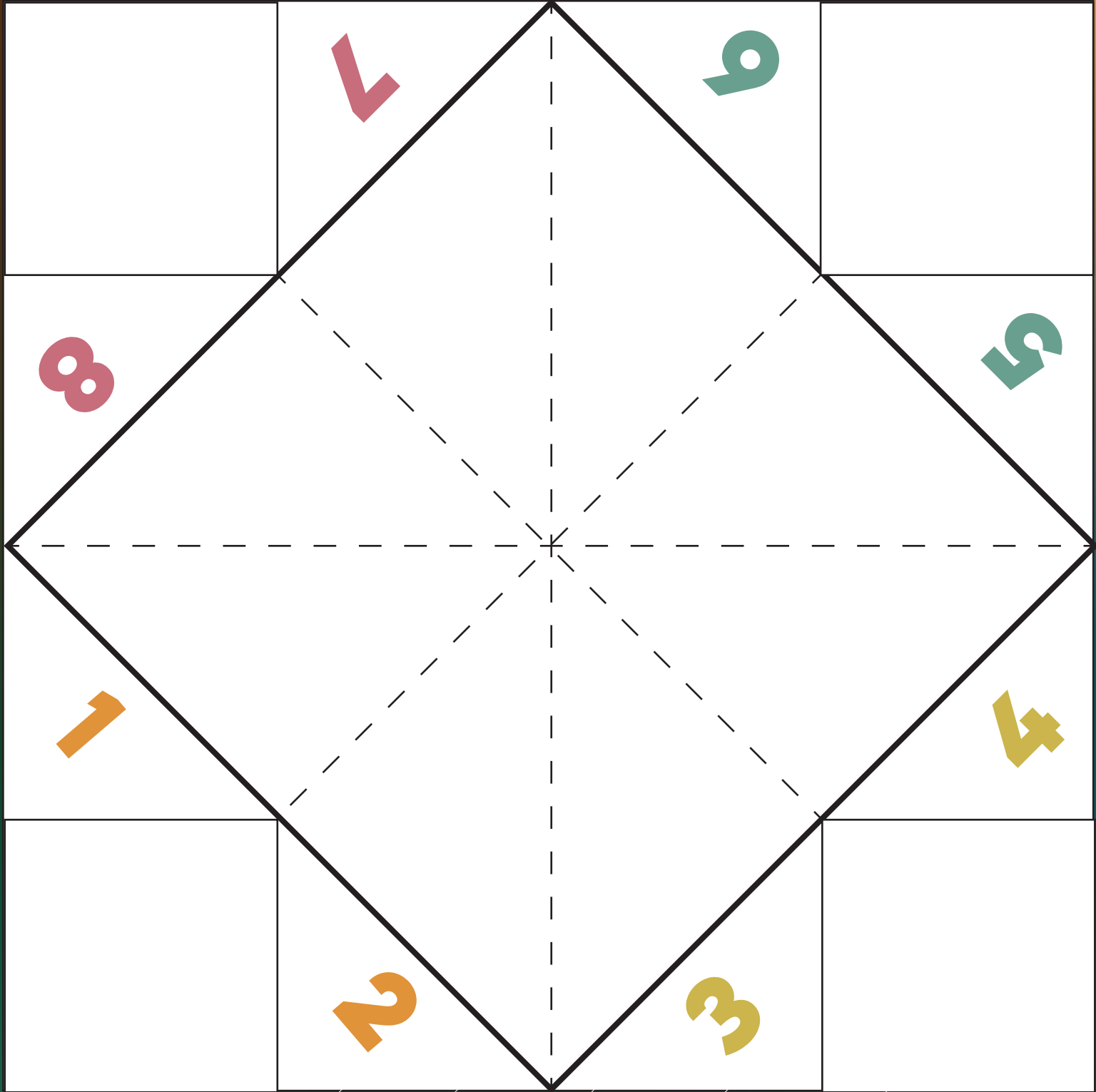
**5** **Bear**  
Go for a walk and pay attention to everything in nature

**6**  
Wrap up a book you've enjoyed and pass it on to a friend

**7** **Squirrel**  
Help someone do a chore they don't like

**8**  
Share 3 things you're grateful for today

Kindness Challenge  
(cut this part off)



Make your own Kindness Challenge  
(cut this part off)