KINDNESS

HEALTH AND FAMILY LIFE EDUCATION
PRIMARY SCHOOL
INFANT ONE

MINISTRY OF EDUCATION
CURRICULUM PLANNING AND DEVELOPMENT DIVISION

Kindness means helping others and thinking about their feelings.

Click the link below and look at the video.

https://www.youtube.com/watch?v=enaRNnEzwi4

What are some ways to show kindness?



Listen when others talk.

Click the link below and look at the video.

https://www.youtube.com/watch?v=B0-TWdekQ_M



Help your friend do her homework.

Click the link below and look at the video.

https://www.youtube.com/watch?v=mxo3Tu-bUPw

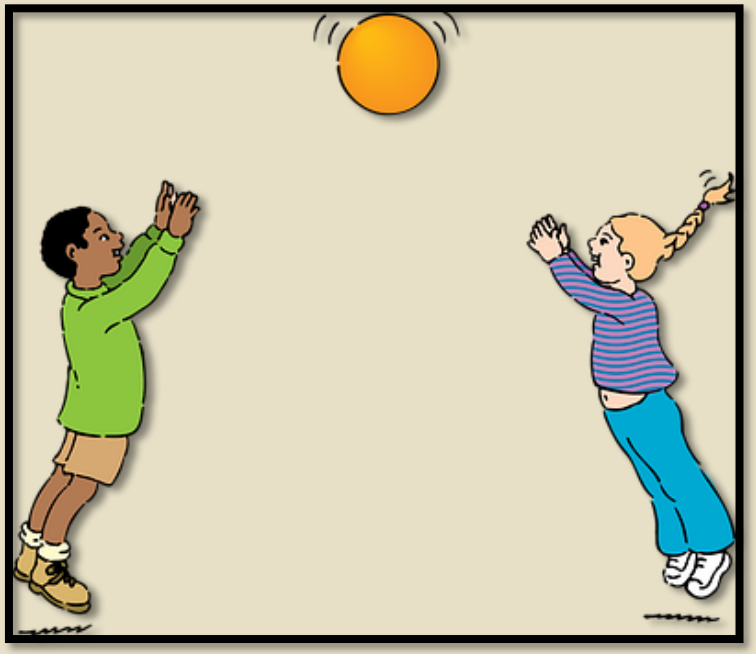


Share with your friends.

I am happy you played with me!



Always say nice words.



Take turns.

Click the link below and look at the video.

https://www.youtube.com/watch?v=-IeZvqQauWY

Sam, I like your drawing.



Praise others.



Help with chores.

Kindness Flower Garden

Helpful! **Friendly!** **Caring!** **Kind!**



Say aloud:

I am kind

I am kind

I am kind to my teachers

I am kind

I am kind

I am kind to my friends

I am kind

I am kind

Seven days of Kindness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Say “thank you!”	Write a letter to a friend.	Draw a picture for someone	Help someone in need.	Smile at someone.	Talk to a new student.	Help wash the dishes.

Activities

1. Joy’s friend, Lea, forgot her snack at home. Lea asks Joy to share her snack with her. What should Joy do?

a) Eat her snack without sharing it with her friend.

b) Share her snack with her friend.

2. Kim does not understand her homework. She asks Joy for help. What should Joy do?

a) Help her friend with her homework.

b) Tell Kim that she does not want to help her.

3. Joy’s elderly neighbour asks her to help sweep his yard.

What should Joy do?

a) Help his neighbour sweep his yard.

b) Tell him you have to go to your friend’s house to play.

Answers

1.b

2.a

3.a

References

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The End