



Exploring...

Kindness

With Gracie

Hi Young Leaders!

Things are a bit different for us all at the moment and I've been thinking about how we can be young leaders in our homes, local streets and communities and really make a difference to others and the people we care about.



I'm going to share some ideas and activities to help you explore and practice **kindness** at home.

Remember small steps can make **BIG changes!**

If you had to draw **kindness** what would it look like?

Think about:

- What happens when you are kind to someone?
- How does it make them feel?



Messages of Kindness

Think about how you could show kindness to your family.

Write some secret kind messages or notes on post it notes or paper and leave them around your house for your family to find!

- What could you say thank you for?
- What do you love about them?



Think about

How could you show kindness to people on your street who are isolated or lonely.

Write a message or make a card to post through your neighbours' doors.

Make a paper flower or other craft to post as well.

- What might cheer them up and brighten their day?
- If you see people in your street or through your windows, give them a friendly wave and a smile!



Kindness Tree

Create a tree using paper or a real branch or twig.

Make some leaves using coloured paper.

Look out for kindness in your home and in your community and when you notice someone showing kindness write or draw what they did on a leaf and attach it to your tree.

See how many different kind things you can add to your tree this week!

My Kindness Idea

Draw or write your own idea to show kindness this week.

Then have a go and put your idea into action!





Have you found this resource useful and would like to find out about similar tools you could use? Please visit the link below for more Young Leaders Award at Home resources and ideas.

Please visit:

www.abyyt.com/yla-at-home



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