

Random Acts of Kindness



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Aim

- I can explain what random acts of kindness are and understand how they make people feel.

Success Criteria

- I can talk about different ways to be kind to others.
- I can identify a random act of kindness that would positively impact a given scenario.
- I can talk about how being kind to others makes them and me feel.
- I can identify someone I would like to show a random act of kindness to.



The Big Questions



What are random acts
of kindness?

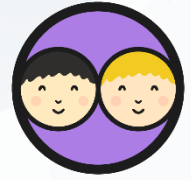
How do they
make people feel?





Reconnecting

Being Kind



Being kind to others is really important.

What does being kind mean?



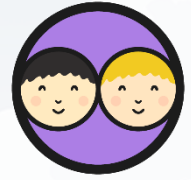
Being kind means being friendly,
warm-hearted and thoughtful.



It means giving our time to help and care for others.

It also means treating people with respect and thinking carefully about
their feelings.

Being Kind



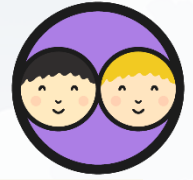
How can we be kind to others?

With your partner, in the time you are given, think of five different ways you can show kindness to others.



Share your ideas with the class.

Being Kind



Ways We Can Show Kindness to Others



Being kind to others is really important. It can help them to feel happy and cared for.



Exploring

Random Acts of Kindness



Random acts of kindness are things we can do for others to help cheer them up and to show them that we care.

They are things that we do for no other reason other than to make people feel happy.

They are things we do for people who are not expecting anything. This makes them even more wonderful!



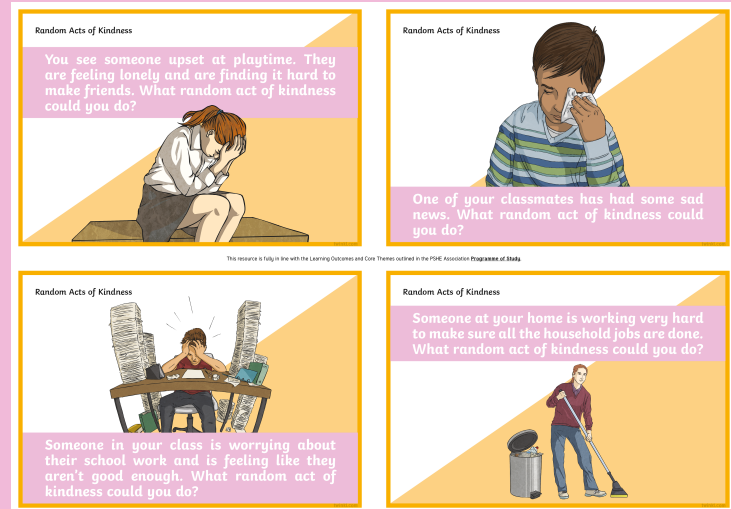
Random Acts of Kindness



In your groups, look carefully at the scenario cards you have been given.

Read each scenario, stick it on to your large piece of paper and then as a group, talk about a random act of kindness you could do that would have a positive impact on the situation. Record your thoughts on the piece of paper.

When you have finished, share all of the random acts of kindness you have thought of with the class.



Random acts of kindness can help make people and places happy. Let's do all we can to help this happen!

How Being Kind Makes Us Feel



How do you feel when someone does something really kind for you?
Share your thoughts with the class.

How do you feel when you do something kind for someone else?
Share your thoughts with the class.

Doing something kind for someone else and having someone do something kind for us, helps everyone to feel good on the inside. This can help our minds to be healthy and our thoughts and feelings positive. This is really wonderful! Doing such a simple thing can make a huge difference!

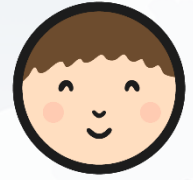
Consolidating

Reflecting



Consolidating

Spreading the Word

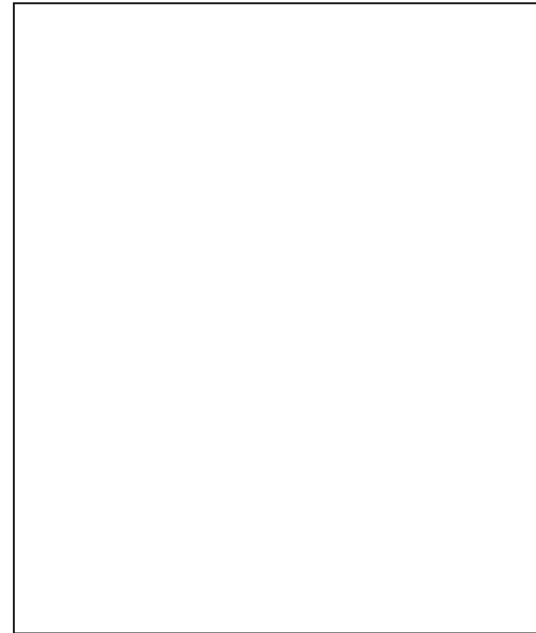


Design and make a poster which encourages others to carry out random acts of kindness.

Make sure you explain what random acts of kindness are and that you describe the positive impact they have. This can be done by using both words and pictures.

Spreading the Word

Design and make a poster to encourage others in your school to carry out random acts of kindness. Explain what random acts of kindness are and describe the positive impact they have – use words and pictures.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#)PSHE and Citizenship | LKS2 | Random Acts of Kindnessvisit [twinkl.com](https://www.twinkl.com)



Reflecting

Being Kind to All



It is important to be kind to everyone, no matter who they are or where they are from.

Sit quietly for a moment and think about someone in school or at home that you would like to show kindness towards, someone who might be feeling sad or worried or someone you would like to say thank you to for all they do for you.

What random act of kindness could you do to help them feel happier and cared for?

Share your thoughts with the class, if you feel happy to do so.



Let's show kindness to all and see what a difference it makes!



The Big Questions



What are random acts
of kindness?

How do they
make people feel?

What have you learnt today?

How will it help you in your daily life?

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