

Kindness

Use the ideas on the next page to pick one act of kindness to yourself that you could try today.

Act of Kindness I Will Try	What I Will Do	How It Made Me Feel

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Buy yourself a treat with your pocket money.



Spend some time reading a book or listening to your favourite music.



Plan a day for doing no homework at all and fill it with relaxing or fun games instead.



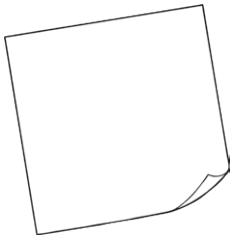
Make sure there is something in your life that you care about and that needs your love and care; this could be family, pets or plants.



When someone says something nice to you, make sure you say 'thank you' rather than joking back or ignoring it. It is important to accept a compliment.



Ask others to write a kind note about you and pop these in a jar to read to yourself.



Spend some time outside and enjoy the world around you.



If anyone says anything unkind about you, or to you, try and think of a positive about yourself.



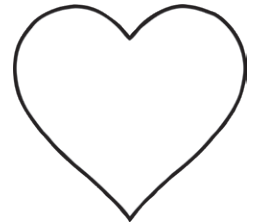
Spend time with people who make you feel good or full of energy.



Massage your hands or have a bath. Do something which relaxes you and allows you to rest.



Write down kind thoughts to yourself and say these out loud.



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