

Parent and Carer Leaflet



BE KIND TO OTHERS

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Aesop

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Be Kind to Others

It is always lovely to be on the receiving end of thanks or a kind act. But we know kindness benefits the giver as well as the receiver. When we are kind, it strengthens our connections with others. Sadly, when we are not treated kindly or are isolated from others this can have a detrimental impact on our wellbeing.

Through this unit we will help the children recognise the importance of being kind to themselves, as well as others. It's often particularly difficult to be kind to ourselves, yet, self-compassion is associated with enhanced motivation, better ability to cope with difficulties, greater wellbeing and reduced anxiety and depression.



Skipper will teach the children about being a 'bucket filler'. They will learn that everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel **up** and when our buckets are empty, we feel **down**. We can be bucket fillers or bucket dippers through our actions, words and behaviour.

In this unit, we will be learning that:

- Kindness makes a difference to ourselves and others
- Being unkind hurts others, and it hurts us too
- It is important to be kind to ourselves

Talk it over

Share with your child any acts of kindness you have given or received recently.

Home activity

Try to do an extra **act of kindness** every day. For example you could offer to help someone who is struggling, pay a compliment or just make someone smile.

Key Book: *Have You Filled a Bucket Today?* by Carol McCloud

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Family activity

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