

## KINDNESS

**Objective:** To stimulate thinking about the importance of kindness to each other and to encourage a sense of unity and community

**Key words:** kindness, unemployed, scarce, museum, Ancient Greece, soul, persisted, jealous, angry, sad, miracles, contented, optimistic, treasure

### QUOTATION/THEME FOR THE WEEK



THERE WAS A MAN, THOUGH SOME DID COUNT HIM MAD,  
THE MORE HE GAVE AWAY, THE MORE HE HAD.

*Adapted from John Bunyan*

Brainstorm and discuss the meaning of this rhyme.

### SILENT SITTING

Step 1 (See page 40 of the introduction)

Steps 2, 4 (optional)

Step 5: Think of a time when you did something for someone else without expecting a reward ...

And another time ... And another ...

Think of a time when someone did something for you that made you feel loved and cherished ... And another time ... And another ...

Step 6.

### STORY TELLING

#### THE SCHOOL TRIP

*par Trudy Rood*

“Yippee, today is the school trip!” Sandeep jumped out of his bed and ran to the truck-calendar to make sure it was Thursday, the 13th July. He greeted his mum and little sisters who were already eating their breakfast. He happily chatted to them and confirmed twice with his mother that the school meal

service would provide a packed lunch for him. He only needed two drinks, the teacher had advised, so his mother gave him a plastic bottle with water in it. It hurt her to have to give him tap water, but there was no money to buy extra drinks for the trip.

Sandeep smiled, he knew about his mother's pain. One thing he felt a little bit upset about was having no money to spend to buy something for her or his sisters. He had spent all his savings to go on the trip. He tried to ignore that little voice inside which asked him constantly why others had so much and they didn't. He knew that since both his parents had become unemployed, one after the other, money had been scarce. Nevertheless, he smiled as he waved his family goodbye and ran to school.

Everybody there was very excited. They showed each other their bags with packed lunches, sweets and chocolates. One girl proudly said she had brought £5.00 with her. In class the teacher provided a packed lunch for the children who normally had a free school dinner. She smiled at Sandeep. She knew how he felt.

They went on the coach. He loved travelling by coach. And he was not the only one! After an hour they arrived at the museum. All the stories the teacher had told them about Ancient Greece, they now saw for themselves, reflected in the ancient pots, jars, vases and sculpture.

At midday they walked towards a play area close by, where they ate their lunches on the green grass. Soon everybody ran off to the climbing frames, the rope swing and the sandpit. There was so much to do! Sandeep played football with his friends and some children from another school on the big green, artificially made, pitch. They played as if they had never played football before in their lives! There were also animals. Sandeep liked the rabbits and the goats best.

Suddenly a group of children came past him, each of them with a big ice-cream in their hands. They looked so happy, he felt a pang of pain in his heart and tried not to show how he felt. His friends ran off to the cafe calling him to come as well. He hesitated, before deciding to go to his teacher.

“Miss, I've got no money to buy an ice-cream.”

The teacher looked at him. “Have hope, Sandeep. Somebody with some extra money may give you one.”

Sandeep didn't really know what to do. Perhaps the teacher was right. He stopped thinking about it as he went to the cafe to collect his friends. They were just ordering an ice-cream. He tried to feel happy because he saw they were happy. It wasn't so easy, but he persisted and managed to ignore the feelings inside - a jealous feeling, an angry one, then a sad one. He didn't want to feel like that. He tried to be happy for his friends and managed to smile at his best friend, Leeyon.

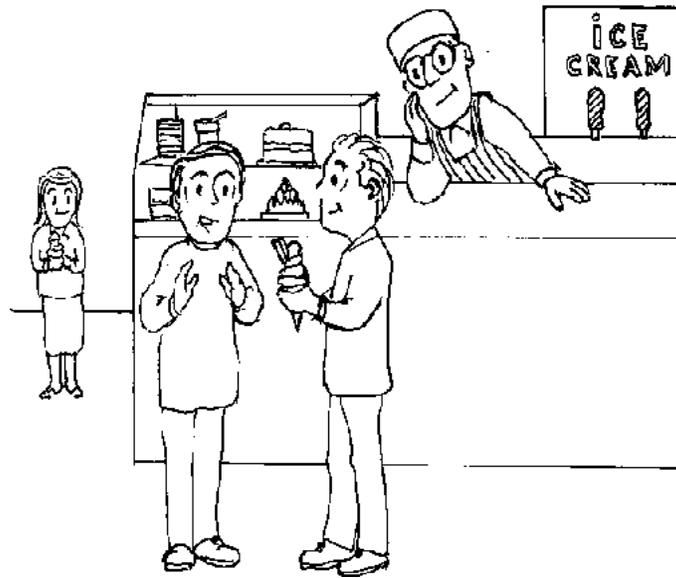
“What a big one!” he said.

“Yes,” Leeyon replied. “And it’s for you. Natalie has brought £5.00 with her and she bought this ice-cream to give to you.” He handed it to a surprised Sandeep. “Now I’ll get mine.”

Sandeep could hardly believe it was happening. His heart flooded with gratitude as his friend turned back to the ice-cream counter.

From a distance Natalie was smiling at him.

He shouted, “Thank you, Natalie.”



The teacher looked up from where she sat. She saw what had happened and was pleased.

Sandeep felt very happy. He knew that miracles sometimes happen, but not that today one would come his way. He had not expected anything so good to happen and had tried to be contented with what he had. He had tried very hard to remain optimistic and had managed to.

And then ... Well, sometimes wonderful things happen!

#### QUESTIONS:

- 1 What name shall we give this the story?
- 2 What sort of boy is Sandeep?
- 3 Why did his mother feel hurt ?
- 4 How did Sandeep feel when he saw other children with ice-creams?
- 5 Why was Sandeep so surprised when he was given the ice-cream?
- 6 In what way can you be kind to someone today?
- 7 How did you feel when you heard this story?
- 8 Does it remind you of anything in your own life?

## GROUP SINGING

### KINDNESS IS A TREASURE

*(music and lyrics by Sara John, Stuart Jones and Nicky Gilbert)*

Kindness is a treasure you find inside your heart  
A precious gem both beautiful and true.  
Show softness and gentleness to all who come your way  
And it's magical, not just for them, but you.

*Chorus: Kindness is a treasure, kindness so true  
Kindness is a treasure, sharing with you.*

It's kindness that will help a broken hearted soul  
It's kindness that will wipe away their tears.  
A smiling face and open arms can help to ease the pain  
And a loving hand can soothe away their fears.

*Chorus: Kindness is a treasure, kindness so true.  
Kindness is a treasure, sharing with you.*

Kindness can be shared with the people that we love,  
And loving them grows more with every day.  
But don't let's limit such a gift to just a chosen few  
No let's never turn a single soul away.

*Chorus: Kindness is a treasure, kindness so true  
Kindness is a treasure, sharing with you.*

A kind and loving heart speaking through a helping hand,  
A listening ear when we hear someone's call.  
All we need to do is just decide that we'll be there  
It really isn't very hard at all.

*Chorus: Kindness is a treasure, kindness so true  
Kindness is a treasure, sharing with you.*

*Sharing with you  
Kindness so true. (repeat)*

## GROUP ACTIVITY

1. Ask the children to find a partner with whom they will be comfortable sharing something personal about themselves.

Remind the class about confidentiality - that whatever personal feelings and experiences they tell each other, is not for discussion outside the classroom and can only be shared with the class if their partner agrees.

Discuss a time when ...

... *someone unexpectedly gave you something you really wanted* ...

... *someone did something kind for you* ...

... *someone took you somewhere you really wanted to go to* ...

How did you feel?

Discuss a time when ...

... *someone was unkind in some way* ...

How did you feel?

Then, if your partner is agreeable, share your partner's experience with the class.

**Extension exercise/Links to Other Subjects:**

Children are presented with the opportunity of keeping a kindness diary.

This can take any format the teacher decides, but the underlying message being: "An act of kindness every day, keeps the world happy in every way".