FT:tv Thought for the Day

KINDNESS

These days we talk a lot about kindness. Being kind means to be generous, considerate of other people and friendly. It's a very important thing that can make a really big difference. Have a think for a minute, what's the kindest thing someone has ever done for you? How did it make you feel? I think many of us have become really good at being kind to each other so let's all keep doing that, it's a good thing!

There's a quote that says:
'No act of kindness, no matter how small, is ever wasted.'

Being kind is not a waste of time, it really makes a difference. Did you know, that as well as being kind to others, we can also be kind to ourselves? Maybe today you can have a go at being kind to others and also kind to yourself, see how it makes you feel.

Look

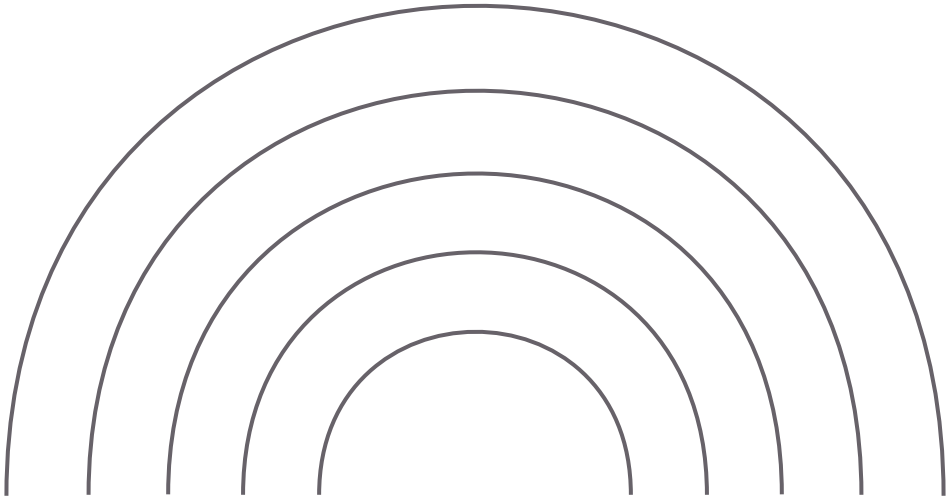
Look out of your window. Can you see any rainbows? Some people have put rainbows in their windows as a sign of thanks to all of the people working hard in the NHS.
Who are you thankful for?

I'm thankful for...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

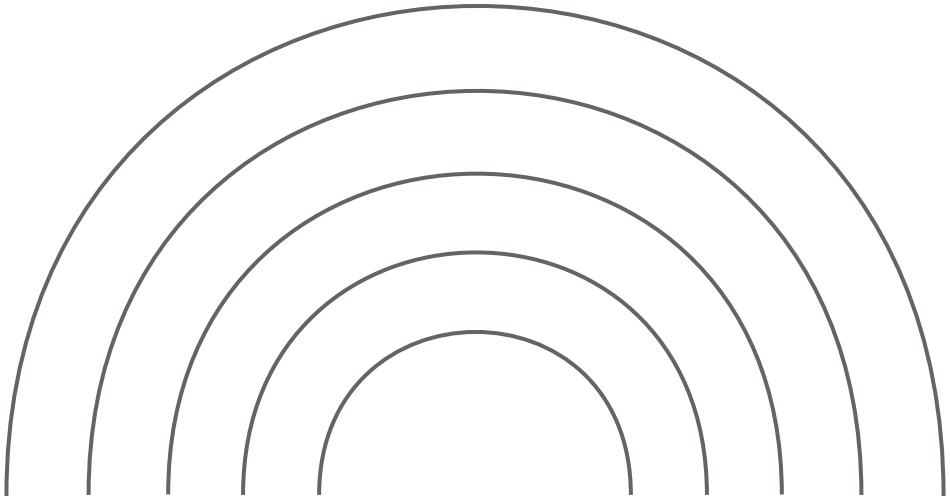
Family & Friends

Think about a friend or family member. In each section of the rainbow, write something you like about them. When you're finished, you could colour it in and give it to that person. How do you think they will feel when they read the nice things you have written?



Self

Think about yourself. In each section of the rainbow, write something you like about yourself. If you need some help you could ask a grown up, sometimes it's hard to know what our good qualities are, often our friends and family know them better than we do. When you're finished, you could colour it in and hang it up in your room to remember how wonderful you are.



Community

It's so important at the moment to look out for others. Perhaps you could try and smile at everyone you see when you're out for a walk? Can you draw a picture or a nice message and stick it in your window for people to see when they walk past?

Find

Can you find all the words?

T	B	V	N	D	U	K	U	E	M
I	H	R	C	A	R	I	N	G	A
O	G	O	T	E	S	N	Y	G	L
C	N	W	U	I	T	D	H	A	T
P	I	S	O	G	M	I	E	E	H
N	V	R	A	O	H	T	L	F	B
D	O	P	X	I	E	T	P	O	K
Y	L	D	N	E	I	R	F	Z	P
Q	J	F	R	G	L	S	U	U	T
U	W	L	G	E	N	T	L	E	L

KIND
THOUGHTFUL
CARING
FRIENDLY
POLITE
GENTLE
LOVING
HELPFUL

Self and Others

It's so important to be kind to ourselves. If we are kind to ourselves sometimes this can even help us to show kindness to others. Have a think about how you can be kind to yourself, then think about how you can be kind to others.

Self

E.g. be patient with myself

Others

E.g. smile at everyone I see

If you'd like more ideas for how to spread kindness, our friends at Thousand Hours have made a list of things you could do with a grown up. You can find the list here: www.thousandhours.org/ideas