

PSHE Week 4:

An Alphabet of Kindness

This week's activity involves thinking of ways in which we can show kindness to others and also involves reflecting on ways in which we have been shown kindness by others. To start, visit the ELSA website and view, or download, their free [A-Z of Kindness](#). With your child/ren, read through the different ways in which we can show kindness and discuss these examples together. You will then need a supply of paper strips, of a size that you can make into paper chains. Each day, each member of the family should take one slip of paper and write on it something kind that someone else has done for them. You may want to expand this out so that each member of the family has to come up with one kindness act from each other member of the family (so I would do 3 slips each day, with one for something Joseph did, one for something Sam did and one for something my husband did that was kind). When you have written on your slips of paper, you can begin attaching them together to make an 'acts of kindness' paperchain.



Challenge your family to see how long you can make your paperchain by the end of the week!

Encourage your children to refer to the A-Z of Kindness poster throughout the week. At the start of each day, you could ask them to use the poster to have in mind an act of kindness that they are going to do that day. Look out for acts of kindness outside of your home too.

