



Home Learning – Kindness week



This final week before half term is Mental Health Awareness week and the theme is kindness. Here are some suggested activities. We hope you have fun, please do share your activities on Facebook and Tapestry.

Some ideas to share -

Our feelings

- How many different words can your child think of to describe their feelings?
- Talk about 'feeling words', explore different facial expressions and ask your child to guess what you may be feeling.
- Talk to your child about good and bad feelings. Some feelings make us feel bad, some feelings make us feel good.
- Sort through the feelings – excited, happy, sad, lonely, scared and cross – which feelings are good, which are bad?
- Discuss - if we have feelings that make us feel bad, who can help us? Always tell someone if you have feelings that make you feel bad – link back to the past few weeks 'people who help us' theme.

Kindness

- Talk about how your child feels when someone is kind to them.
- What acts of kindness could your child do? Can they use kind words? Can they share, take turns when they are playing games? Can they help with the chores at home?



Some ideas for acts of kindness

[40 ideas for acts of kindness at home](#)

[Daily kind acts](#)

[How do you feel – emotions sheet](#)

[Happy, angry, sad emotions - sorting activity](#)

Virtual notice board

As we can't visit pre-school to see all the lovely artwork the children do, what about sharing our acts of kindness on a virtual kindness tree? If you would like your child to join in, please share your children's handprint and in the middle tell us about an act of kindness your child has done this week. We will compile it all together and join them all together and create our very own virtual notice board with the pre-school tree of kindness!

