Kindness

- Taking a moment to show kindness can have a profound impact, not just on others, but on ourselves as well.

- Kindness can be as simple as a smile, a supportive word, or helping someone who's struggling.

- This morning, think about one small way you could show kindness to others.

- Remember, kindness doesn't just brighten someone else's day; it lifts their spirits.

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- Show kindness, then when you need it, hopefully someone will show you kindness too.

Spread a bit of kindness
Day after day
A little or a lot
Whatever you got

Or just smile
It's not that hard
Spread some cheer
Yes, just right here

Say hi to a person
Anyone you want
That is how to be kind
As soon, you will find

Kindness means a lot
To everyone around
So just be nice
You never know someone's background

Sir Nicholas Winton

- In 1938, Winton organized eight trains to bring children from German-occupied Czechoslovakia to safety in Britain.

- It wasn't until the BBC surprised him in 1988 by introducing him to dozens of the rescued children, by then adults, that the full story of his heroic efforts became public knowledge.

- Sir Nicholas was knighted in 2003, and died in 2015 at the age of 106.

Princess Diana

- In the mid-1980s, HIV sparked fear due to widespread misinformation and lack of understanding.

- In April 1987, Princess Diana opened the UK's first purpose-built HIV/AIDS unit at London's Middlesex Hospital.

- In front of the media, she shook hands with a patient, doing so without gloves, directly challenging the myth that HIV/AIDS spread through touch.

Jude Bellingham

On the 26th March 2024 England played Belgium in a warmup game ahead of Euro 2024.

Ahead of kick-off, England's players stood with young mascots, including Bellingham, who was paired with a boy in a wheelchair.

Small Acts of Kindness

- Carry out your act of kindness in the next few days.

- Notice the difference it makes to the person receiving it.

- Notice how being kind makes you feel.
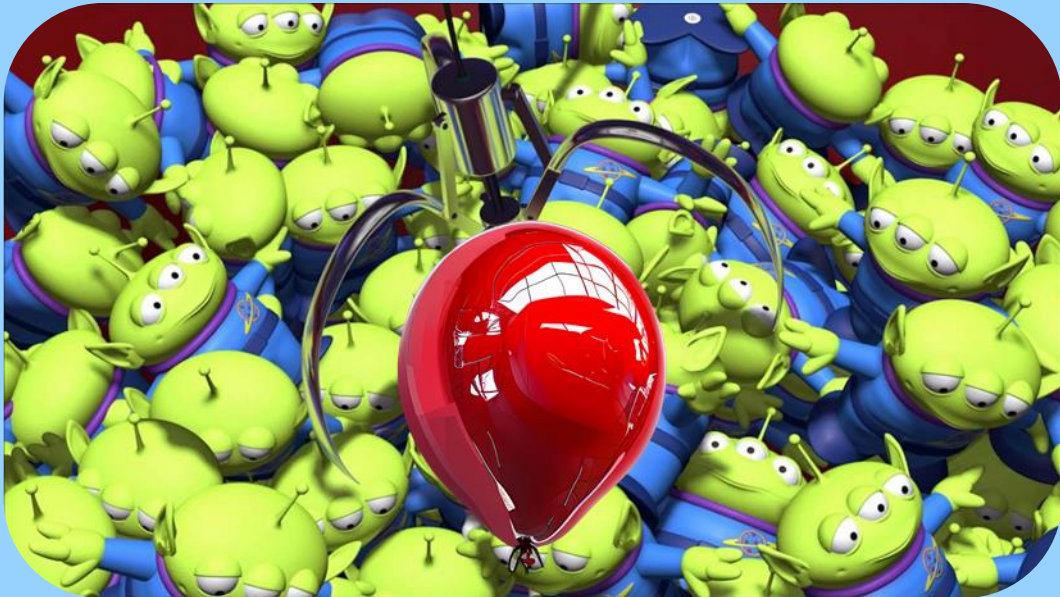
Compliment a classmate.

Help someone carry their stuff.

Write a thank-you note to a teacher.

Share your lunch or snack.

Hold the door open for someone.

Volunteer for a school event.

Pick up a piece of litter.

Offer to help a friend with homework.

Invite someone new to sit with you at lunch.

Say "hello" to someone you don't usually talk to.

Make a card for someone who needs encouragement.

Do a chore at home without being asked.

Give someone a hug (if they're comfortable).

Send a positive message to a friend.

Create a small care package for someone.

Smile at everyone you see today.

Thank someone for what they do.

Ask someone how their day is going.

Make a homemade treat for someone.

Send a letter or message to a family member to say you care.

Help a younger student with something.

Share a funny story to make someone laugh.

Give a small gift to someone for no reason.

In the words of Roald Dahl

I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else.