



PSHE and Citizenship

Relationships | TEAM

Being Kind



Aim

- I can explain how to be kind and why it is important.

Success Criteria

- I can list ways that I can be kind.
- I can give reasons why it is important to be kind.

The Big Questions

The Big Questions



Do you have any ideas about these questions?



How can we
show kindness
to others?

Why is it
important to be
kind to the people
around you?

Reconnecting

Kindness



Kindness is:

- being friendly and generous.
- thinking about other people's feelings.
- being concerned when others are upset or worried.
- helping people.
- doing something nice for someone else, without expecting anything in return.



Kindness

How can we be kind?



Smile!

Help someone.

Sit next to someone you new.

Ask someone how they are.

Pick up litter or tidy up.

Say thank you for something.



Kindness



How can we be kind?

Say good morning.

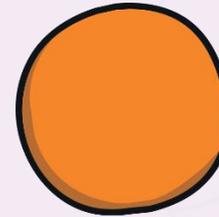
Share.

Say something nice.

Let someone go ahead of you in the line.

Hold doors for others.

Let someone join in your game.



Can you think of any other acts of kindness?



Kindness



Why is it important to be kind?

Doing kind things
for others makes
you feel happy.



Kindness



Why is it important to be kind?



Being kind helps
you to make
friends.

Kindness



Why is it important to be kind?



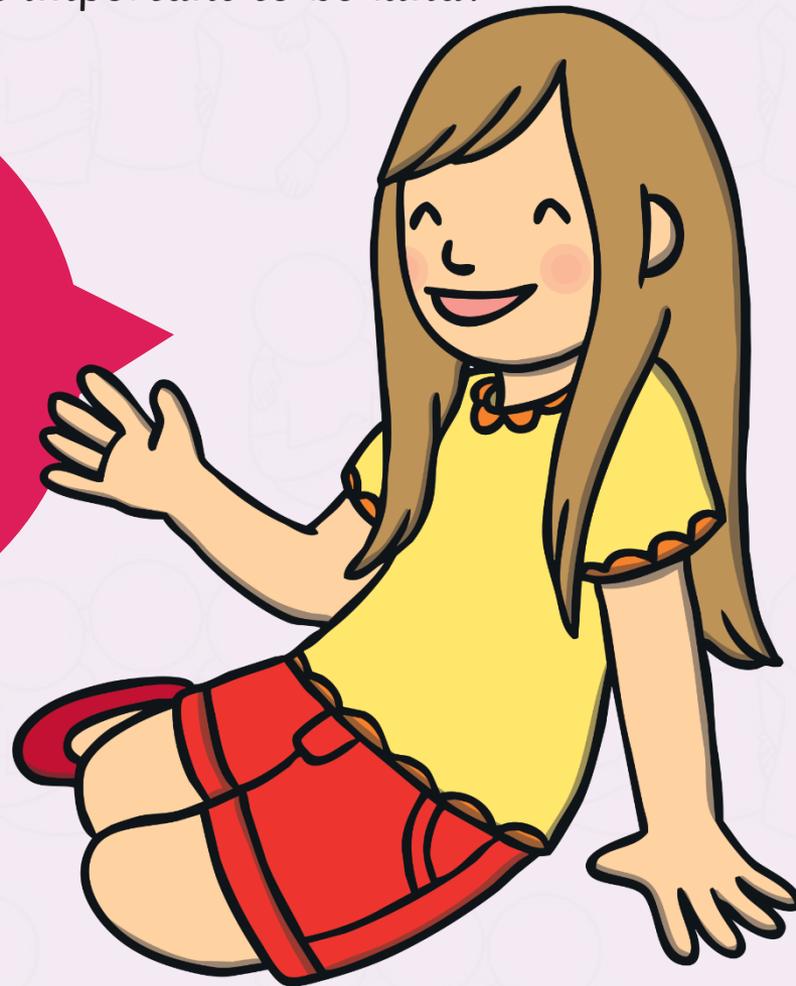
Kindness helps
us to feel good
about ourselves.

Kindness



Why is it important to be kind?

Kindness makes people feel that they belong and helps us to work as a team.



Kindness



Why is it important to be kind?



Being kind to
people encourages
them to be
kind too.

Kindness



Why is it important to be kind?

Kindness makes
our world a better
place for
everyone!



Can you think
of any other
reasons why it
is important to
be kind?

Exploring

Kind Thoughts, Kind Words



Kind actions and words are very powerful things. All of us have the power to make other people feel happy. All of us are able to make our team a friendly, positive place to be.



It's really
easy to do!

Let's give it
a try.



Kind Thoughts, Kind Words



Think about your partner.

What is your very favourite thing about them?

Tell them about it.

Use these starters to help you:

I like your...

You are very...

You make me feel ...

I like it when you...

You do a great job of...



Kind Thoughts, Kind Words



We can all use kind words to show kindness to others.
This makes people feel happy.

Saying something kind to someone like this is sometimes called giving a **compliment**.

How did it feel to give a compliment?

How did it feel to be given a compliment?



Kind Thoughts, Kind Words



Now, try saying something kind to somebody new.

How does it feel?

What could you say to them?

Can you think of anyone else in your life that might like it if you said something kind?

How do you think it will make them feel?



The Lonely Tiger



We are now going to read a short story called The Ferocious Tiger.

During the story, discuss these questions with your group:



Is the tiger kind to the other animals?

How do the animals treat the tiger?

How do you think the tiger feels?

The Lonely Tiger

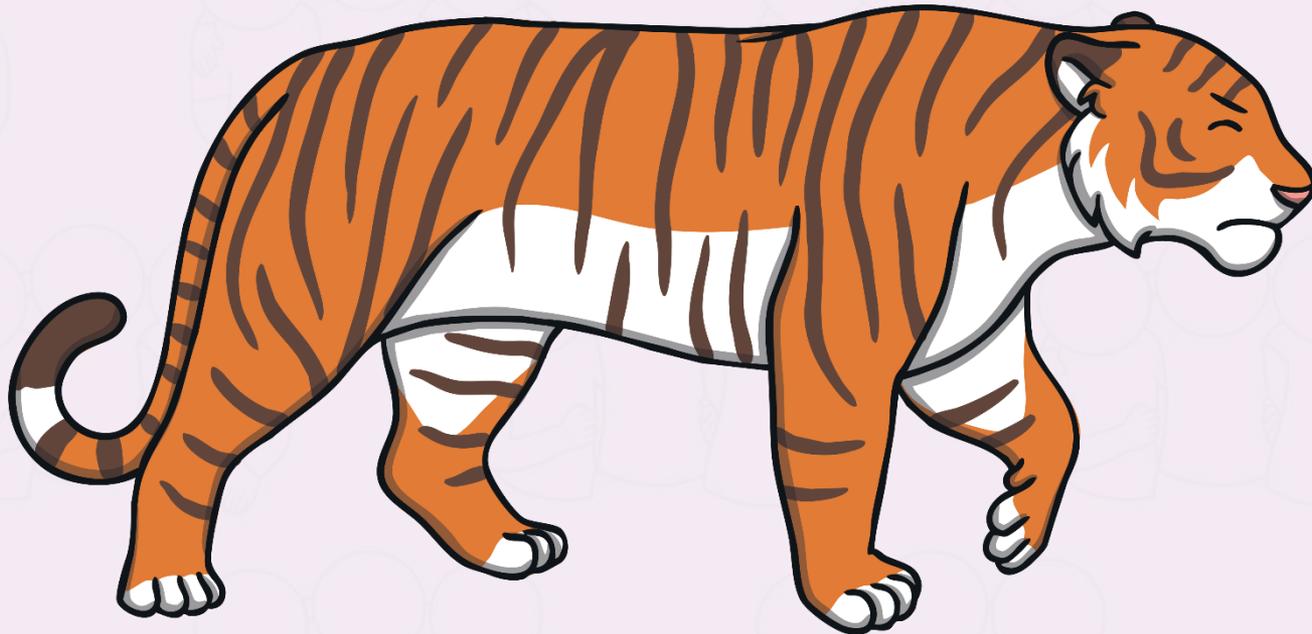
Deep in the jungle, there once lived a tiger. He was a mighty creature, with an incredibly loud roar, which echoed for miles around. His huge teeth were as sharp as knives and inside his powerful paws, hid his terrible claws. Every other animal in the jungle feared him and stayed well away at all times.

This made the tiger very lonely and he could often be heard groaning with unhappiness. He longed for some company and had invited many a passing creature to stop and stay for a while. He prepared fruity feasts for them and made them beautiful flower garlands, as gifts. But all refused, saying things like, 'Why would I want to stay with a creature with teeth like yours?' or, 'No way, you fierce, mean beast!'



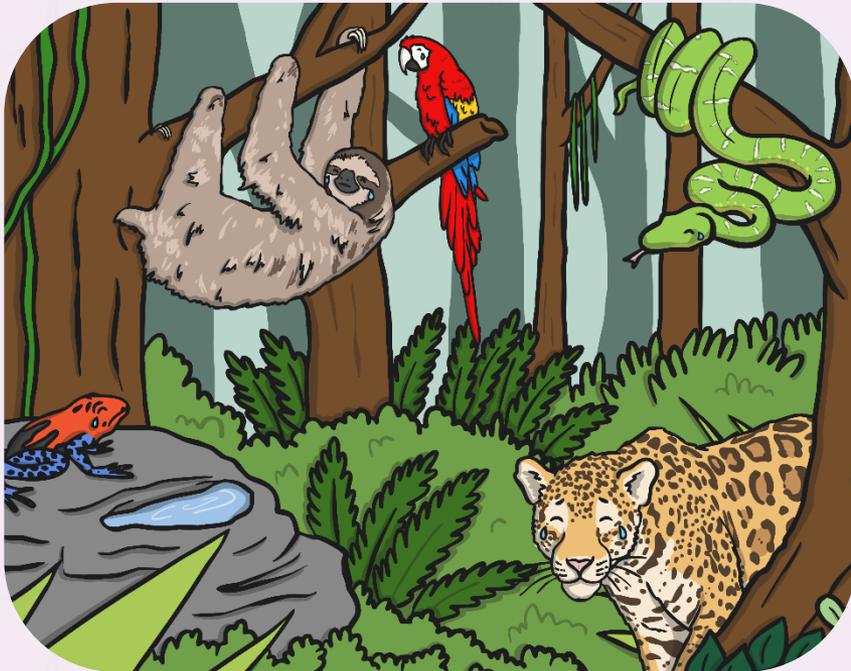
The Lonely Tiger

The truth was that, although he did indeed have sharp teeth and claws, and a very frightening roar, he had no intention of harming any of the other creatures in the forest. He was a kind and gentle tiger, who simply wanted a friend, but none of the animals would give him a chance or take the time to get to really know him.



The Lonely Tiger

Then one terrible day, a new ferocious beast appeared in the jungle. It was bright yellow, made a terrific noise and moved on gigantic wheels, demolishing the trees that stood in its path. The animals were terrified and ran around in a panic, not knowing what to do, as their homes were about to be destroyed.



Upon hearing the commotion, the miserable tiger lifted his enormous head and bravely bounded towards the source of the noise. He passed many hysterical animals, who were running this way and that and he stopped to ask a group of monkeys what all the fuss was about.

The Lonely Tiger

In fright, they pointed at the mechanical monster that was devastating the jungle, then continued to flee in the opposite direction. The tiger saw what the big, yellow machine was doing to the jungle and was furious. 'How dare it destroy the animals' homes! I must do something to help them,' he said to himself.

Without a thought for his own safety, he strode towards the giant machine, matching its roar with his own. As he got nearer, he noticed a man inside the machine and the man inside the machine noticed the ferocious tiger. He continued to prowl ever closer, fixing the man with his stare. The man realised the tiger was not fleeing like all the other animals and stopped the engine of the great yellow monster.



The Lonely Tiger

'That's better', growled the tiger. 'Now you can hear what I have to say. You have no right to be here,' he continued. 'This is our home, so you are going to turn around now and leave. I will protect my friends and if I ever see you here again, I will eat you up!'

The man hesitated for a moment, unsure of what to do. The ferocious tiger decided to show the man that he was not to be messed with, so let out the most magnificent roar! It vibrated through the jungle and shook the trees. Then he bared his terrible teeth, fanned out his dreadful claws and drew himself back onto his powerful hind legs, ready to pounce.



The Lonely Tiger

The terror-stricken man suddenly came to his senses and realised that the tiger really meant what he said. Hurriedly, he started up the destructive machine he was driving, turned it around and, with one last look behind him, set off in the direction from which he had come.

After watching the unwelcome beast leave the jungle, the tiger turned to head back to his lonely existence. However, he was shocked by the sight that greeted him! A great crowd stood a short way away – a crowd of all the animals who lived in the jungle. They were smiling, clapping and cheering.

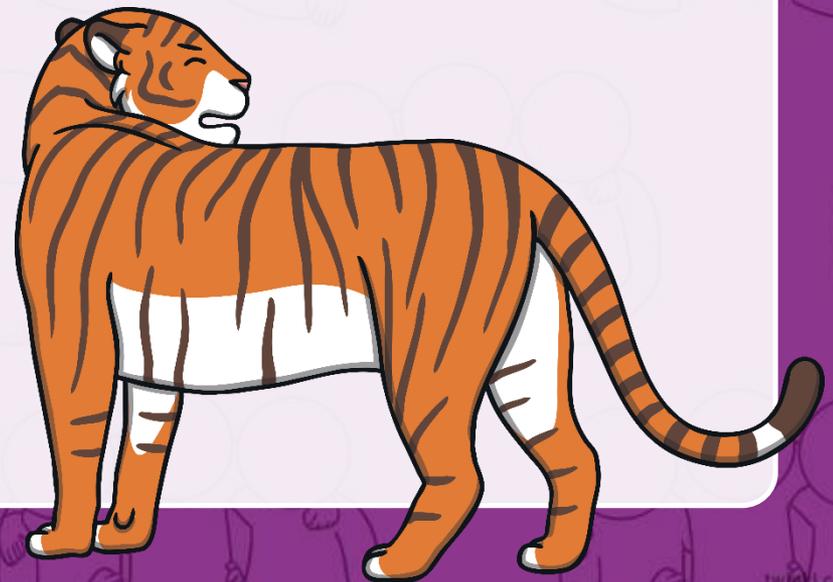
‘That was so brave!’

‘Way to go, Tiger!’

‘How kind of you to protect us and our homes!’

‘Maybe you are not so scary, after all!’

‘How can we ever thank you?’



The Lonely Tiger

Hearing all these positive comments made the tiger beam his biggest smile, which showed those razor-sharp teeth. But this time, the animals did not turn their backs and run. They smiled back and invited him to a party that night, to celebrate the fact that their homes had not been destroyed.

This made the tiger incredibly happy and that night, at the party, all the other jungle animals got to really know the tiger. They realised that he was not ferocious, as they had thought, but kind and in need of some friends. They all decided to never be unkind to any creature in the jungle again and realised that you have to get to know someone before you judge them.



The Lonely Tiger



After the story, discuss these questions with your group:

Which animal showed kindness towards others in the story?

Why do you think he did it?

What happened next?

Why did it happen?



Consolidating

Reflecting



Consolidating

Acts of Kindness



Acts of Kindness

I can explain how and why to be kind.

How can you show kindness to others? Draw or write your ideas.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Curriculum of Study](https://www.pshe.org.uk/curriculum-of-study).



PSHE and Citizenship | Year 1 | Relationships | TEAM | Being Kind | Lesson 3

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Reflecting

A Chain of Kindness



When we are kind to people it makes them feel happy.

It encourages them to do kind things too.

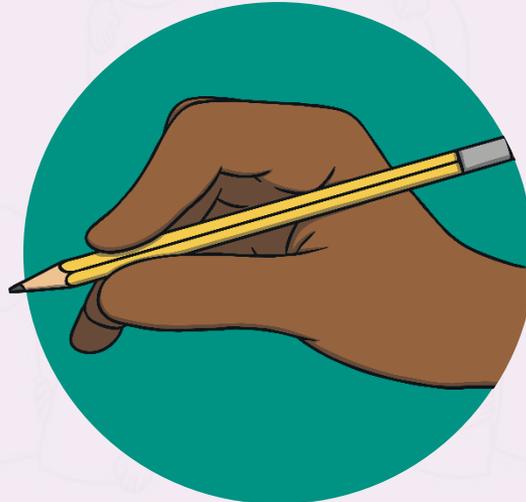
Just as it did in the *The Lonely Tiger*, one act of kindness can create a chain of kindness that can spread a long, long way!



A Chain of Kindness



Think of a way
that you can show
kindness to those
around you.



Write it on your
slip of paper.



We will use it to
make a chain of
kindness to display
in our classroom.

A Chain of Kindness



What is your idea
for showing kindness
to others?



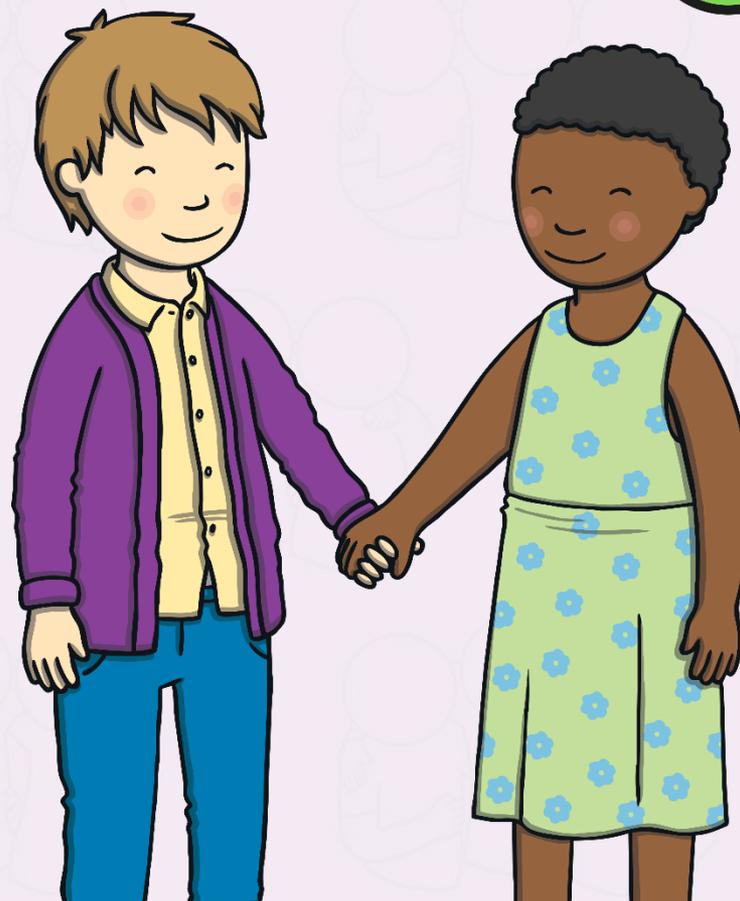
Belonging



When you are kind,
you make the world a
happier, safer place.

You can be kind to everyone
— to people who are just
like you and to people who
are different to you.

You have infinite kindness
in you — share it with
everyone, every day.



Choose kindness!

The Big Questions

The Big Questions



How have your answers changed since the beginning of the lesson?



How can we show kindness to others?

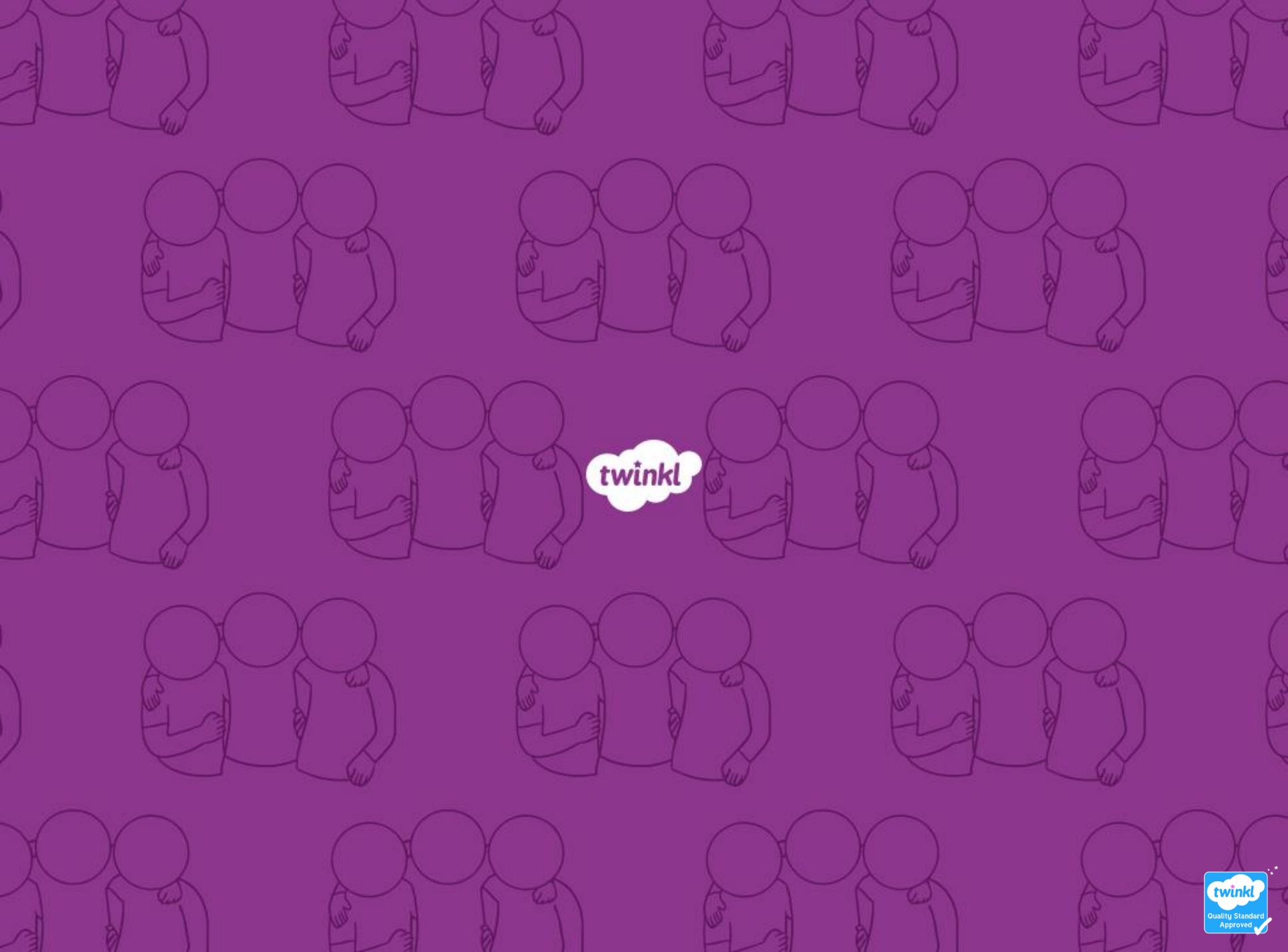
Why is it important to be kind to the people around you?

Aim

- I can explain how to be kind and why it is important.

Success Criteria

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