

Kindness and  
Wellbeing with  
**Sue Hindle**



Explore our Civics in Pictures *You Matter* resource which encourages students to identify ways they can support their own wellbeing.

Support students to create a kindness letter to themselves using this [template](#).

Visit [Wild Dog Books](#) for detailed teacher notes to accompany *You Matter: Be your own best friend*

Sing a *Little Kindness* by Sue Hindle! Students may like to add actions / dance moves, or perhaps create their own kindness themed song.

Take time to connect with nature and support students to complete a [slow looking](#) session. This could then form a written / illustrated reflection on their noticing.



Celebrate kindness through simple everyday actions outlined in this [matrix](#). There is a version for teachers as well!

Utilise these [positive affirmation cards](#) to help students develop their growth mindset.

Create your own class book of wellbeing activity ideas. Students can publish a copy to share with the school library so others can read and try them as well.



## Little Kindness

It starts with me (it starts with me)

It flows to you (it flows to you)

Then we see what a little kindness can do

Caring for me (caring for me)

Caring for you (caring for you)

Then we feel what a little kindness can do

It's time for us to realise it's a Super Power too!

Be a little kindness (be a little kindness)

Feel a little kindness (feel a little kindness)

Share a little kindness

It's not hard to do.

Be a little kindness (be a little kindness)

Feel a little kindness (feel a little kindness)

Share a little kindness

It's not hard to do.

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Notes

In the brackets are the responses that can be sung by half of the class.

Everything else is in unison.

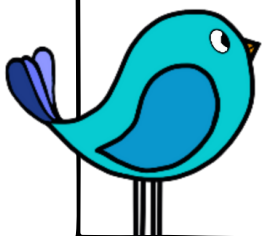




**Write a kindness letter to yourself.**

Think about some kind words you can include, celebrate things you are good at and add in a way you can look after your own wellbeing.

**Dear Me!**



## Creating a Kindness Mindset!

Create a poster which inspires kindness. Think about words / phrases you can use, as well as pictures which reflect kindness.

