

#### PARENTS / CARERS

- **The definition of 'Give':** Being kind and doing something nice for someone
- **Background:** Giving to others makes us and others feel good. The smallest acts of kindness really can make a difference because they create positive feelings, and a sense of self-worth and value. They also help us connect with others which really promotes good mental health and wellbeing

#### PRE-ACTIVITY

- Discuss with everyone involved, why it is important to be kind
- Discuss why it's not okay to be unkind
- Ask the children to talk about ways they have been kind to others

#### ACTIVITY

- Use any sporting equipment or household item for this activity. Think of a skill you could practice and show the children how to do it. Examples might include:
  - Kick ups with a football
  - Kicking a pair of socks into a washing machine from distance (how many times can you hit the target?)
  - Press ups with a ball or round object on your back
- Tell the children to spend 15-20 minutes practicing the skill so they feel confident to show others
- Everyone involved should take it in turns to demonstrate their skill



**LESSON CONTINUES ON NEXT PAGE**

### ACTIVITY - CONTINUED

- Receive and provide feedback
  - Everyone involved should take it in turns to give a piece of positive feedback to the others (For example, what was good about the skill? | why was it good?)
  - As a group, think about how individual skills could be improved and provide helpful and constructive feedback
- Reflect and go again
  - Everyone taking part should think about the feedback they received and use it to make positive changes. They should then practice their skill for a further 10 -15 minutes
- Again, everyone involved should take it in turns to demonstrate their skill to the group
- Receive and provide feedback
  - Everyone involved should take it in turns to give a piece of positive feedback to the others (For example, was the skill improved? | how was it better?)
- Encourage everyone involved to appreciate the feedback they have received and express gratitude by thanking people for their support

### REFLECTION TASK

- Have a chat about how it felt to give and receive positive feedback comments (For example, did it make you feel good? | did it make you feel happy? | did it make you feel valued?)
- Think about different ways kindness can be expressed
- Make a promise to express kindness and gratitude on a regular basis (For example, plan doing something nice for some one | at the end of each day think of and write down three good things about the day - gratitude diaries have been shown to reduce stress and promote good mental health)
- Start a new weekly planner and include some of the ideas from this session

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Connect</b>					
<b>Be Active</b>					
<b>Take Notice</b>					
<b>Keep Learning</b>					
<b>Give</b>					

## REFERENCES

New Economics Foundation (2008). Five ways to mental wellbeing. Government Office for Science. Available at: <https://www.gov.uk/government/publications/five-ways-to-mental-wellbeing>

The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrenssociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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