



About the Kindness Book

The Kindness Book is an educational tool to introduce the topic of kindness within primary school classrooms. The book is a way to show pupils how small acts of kindness are carried through our communities.

Besides the book, teachers will receive access to a growing amount of additional material:

- a) Prepared lesson plans and additional material on topics of kindness, respect, empathy and integration.
- b) Guidance on how *The Kindness Book* fits with the national curriculum.

How it works

We recommend preparing one lesson to introduce the topic of kindness in class and have prepared a lesson plan with examples. After that, *The Kindness Book* can be completed outside of classrooms and requires no additional time.

During your introduction lesson on kindness, briefly introduce *The Kindness Book* and how it works. Ask your students who would like to start the book by filling the first page (determine Student A).

1. Student A takes home the book and writes about a moment of kindness with a friend (Student B).
2. Once Student A returns with his/her story, Student B takes page two and writes about a moment of kindness with another friend (Student C).
3. This process is repeated until all the pages are filled.



When the book is full

You've finished your first Kindness Book? Amazing! You're welcome to keep the book in class for your students to read.

You can always order another Kindness Book for your class. You might also want to start one across different classes throughout your school!