




Being Kind

Learning to be a good friend

 **In this activity, you will** learn how to be a kind friend. You will practice choosing kind words to help others feel happy.

Welcome to Kindness Basics

Kindness means showing that you care about other people. Being kind can make a big difference in someone's day. When we are friendly, we make our school and home a better place to be.

Word	Definition
Kindness	A behavior that is friendly, generous, and considerate.
Include	To make someone feel they are part of a group.

Read the Short Stories

Read these short stories carefully. As you read, ask yourself: **How can these children show more kindness to each other?**

Scenario One: A child sits alone at lunch. Some students walk past and do not look at them.

Scenario Two: Two children are playing with a ball. A classmate asks to join. The children say, "You cannot play with us."

Building Connections

Now, let us connect what you read to your own ideas about being a good friend.

Key Concept	Your Understanding	Why is this important?
<i>Inclusion</i>	<i>Inviting others to join.</i>	<i>It makes friends feel safe.</i>
Kindness		



Try it Out

Use what you learned to solve these problems.

Scenario Question	Answer
You see a child alone. What do you do?	Write your answer here
A friend says, "Don't play with them." What do you say?	
Change "Go away" to a kind sentence.	

Show What You Learned

Create a project to show how you practice kindness. Use Magic Media or Elements to help visualise or record your idea.

- Think of a kind action.
- Pick three kind sentences.
- Add a picture of you being kind.

[Double click to design here]



Reflect on Your Learning

Think about the work you have done today.

If a friend is sad, what are three kind words you can say to them?

[Write your answer here.]

What was the most important thing you learned about being a friend?

I feel happy when I...

Take notes

