

**Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.**

## Kindness through stories and role modelling

**Talking about our feelings is really important to support children's personal, social and emotional development. Doing this through stories is effective as it helps young children to reflect on the feelings of others and open up discussions about how they feel and why.**

This also supports them in recognising and understanding different emotions and developing empathy. Empathy is important because it helps us to understand how others are feeling so we can respond appropriately to the situation. Here are some top tips for exploring kindness with your children:

### Share books about kindness

- *Winnie the Pooh Tales of Kindness*, Disney
- *Kindness Rules* by Eunice and Sabrina Moyle
- *My Pet Star* by Corrinne Averiss
- *Feel Better Daddy* by Nancy Loewen and Hazel Quintanilla



### Talk about how you can be kind

- To other people, children and friends: For example, talk about how they may thank one another, give old or unused toys to charity or draw pictures for older relatives
- To the environment: Engage in fun practical activities with the children such as recycling, passing on old clothes and saving water or electricity
- To animals: Care for them, feed the birds and make areas for bugs to live

### Visualise kindness together

- There are some online examples of kindness meditations that can be used according to the age or stage of development

### Share kindness affirmations

- Such as "I am kind", "I speak with kindness", "It feels good to be kind."

### Model kindness

- Practitioners should model kindness through sharing, taking turns, saying please and thank you, giving compliments to other staff, children and parents and helping others



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### **Model talking about feelings**

- Practitioners should model talking about their own feelings, for example, "Thank you for doing that for me, it made me feel happy."

### **Share with parents**

Share ideas with parents/carers so an understanding of kindness can be continued at home.