

## Parent & Carer Guide



**BE KIND TO OTHERS**

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how small, is ever wasted.”**

Aesop

Promoting Emotional Health & Well-being

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## Be Kind to Others

It is always lovely to be on the receiving end of a thank you or a kind act. However we know that kindness also benefits the giver as well as the receiver. When we are kind, it strengthens our connections with others. Sadly, when we are not treated kindly or are isolated from others this can have a detrimental impact on our wellbeing.

Through this unit we will help the children to recognise the importance of being kind to ourselves and others. Interestingly, one of the hardest people to be kind to is often ourselves and yet, self-compassion is associated with enhanced motivation, better ability to cope with difficulties, greater wellbeing and reduced anxiety and depression.



Skipper will teach the children about being a 'bucket filler'. They will learn that everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel **up** and when our buckets are empty, we feel **down**. We can be bucket fillers and bucket dippers through our actions, words and behaviour.

### In this unit, we will be learning that:

- Kindness makes a difference to ourselves and others
- Being unkind hurts others, and it hurts us too
- It is important to be kind to ourselves

### Talk it Over:

Share with your child any acts of kindness you have shown recently to help others.

### Family Task:

Try to do an extra **act of kindness** every day, e.g. offer to help someone who is struggling, pay a compliment or make someone smile. Share ways you have been kind with your class.

**Key Book:** 'Have you filled a bucket today?' by Carol McCloud

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