

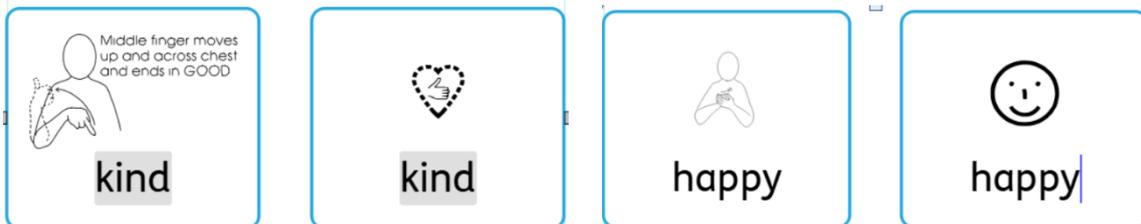
Activity	Random acts of kindness		
Key:	Due the various abilities of our children we have graded some of the activities into different levels. Seeds Saplings Trees	Contact details:	schools@cdssgroup.org.uk
Seeds		All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)	
Saplings			
Trees			

Description of Activity	
<p>During this period of lockdown we have heard and maybe experienced the kind acts of some amazing people. This activity gives you some ideas of random acts of kindness so that you can perhaps repay a favour or just do something nice for someone else.</p>	

Resources needed
Various depending of the act you choose.

Activity: Seeds and Saplings
<p>This is an opportunity to discuss feelings and emotions with children. Often children cannot express how they feel and do not naturally understand their feelings. Giving them the vocabulary to use and tell someone how they feel can be very beneficial.</p> <p>Teaching kindness is valuable it will increased self-esteem, improve their well being and help them perceive positive perceptions of their world.</p> <p>Of course, your child's acts of kindness may not be able to be all that 'random' since she'll most likely need some assistance from you. But, teaching her to do nice things for other people now could be the key to helping her recognize opportunities to show kindness later in life.</p> <p>You could talk about what makes them feel happy? What do they enjoy? You could then ask what do they think would make a family member or friend feel</p>

happy? This may be more difficult without any visual cue so you could use the activities in the print out as examples. Use them all or just put out 2 or 3 as options that may be relevant to the family member.



Attachments:

Twinkl resource – Random acts of kindness

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

Support us at: www.justgiving.com/cheshiredownssyndrome/raisemoney