

Responsibility

Part III

Kindness Bingo – did you manage all 40?

Write down 10 things you are grateful for.	Say something nice to someone you know.	Recycle as much as you can for a week.	Find out about the life of someone less fortunate.	Leave your grown up a surprise thank-you note.	Help by doing jobs around the house.	Say thank you to five different people today.	Listen to someone carefully.
Offer to make a drink for someone else.	Congratulate someone when they do well.	Be the first to say sorry if you have a disagreement.	Save energy by turning things off if you're not using them.	Upcycle something you would have thrown away.	Follow instructions without complaining.	Find out about a local charity.	Hold the door open for someone.
Read something to an adult at home.	Compliment the person who cooked your dinner.	Clean your bedroom up without being asked.	Play with a toy or game you haven't used for a while – include others.	Find out three things that your adult liked doing as a child.	Let someone go ahead of you today.	Share something with someone else.	Create calendar with a special day for everyone in your family.
Think of five reasons why your life is good.	Draw a cheerful picture for someone else.	Do your homework without being reminded.	See things from a different point of view.	Ask your grown up how their day was.	Make a sandwich for someone in your family.	Tell your adult three reasons why you love them.	Ask your adult if they would like help with anything.
Only say nice things for the whole day.	Help your adult with an outside job (wash the car, sweeping etc)	Make a thank-you card for someone.	Sort out your toys – can you donate something to charity?	Allow someone to help you and say thank you.	Give someone the benefit of the doubt.	Answer 20 questions at http://www.freerice.com/	Remember how you felt when you were kind.

Go for a column or row and ask pupils to raise their hand if they did it.

Did the class manage collectively to tick them all off?



Be Kind

**I am responsible
for me...**

Watch this video:

https://www.youtube.com/watch?v=ERU6r1_kq5w

What are the 2 key messages?

- 1. Keep your hands to yourself**
- 2. Stay inside your bubble**

What do you find annoying about others being too close?

Discuss this as a class.

What can you do to make people feel more comfortable.

What is personal space?

Watch this video:

<https://www.youtube.com/watch?v=sgJ24hknbHs>

How many types of space are there?

- Public space
- Social space
- Personal space
- Intimate space

Can you explain each types of space?

1. Public space
2. Social space
3. Personal space
4. Intimate space

Discuss this as a class. What is good spacing in school?

Why is personal space important?

Discuss this in your class.

Why is it especially important to keep our distance from each other at the moment?