#ChooseKind
In the Classroom

Wonder Back to School Teaching Resources

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YOU CAN'T BLEND IN

WONDER

THE MULTI-MILLION COPY BESTSELLER

WHEN YOU WERE BORN TO STAND OUT
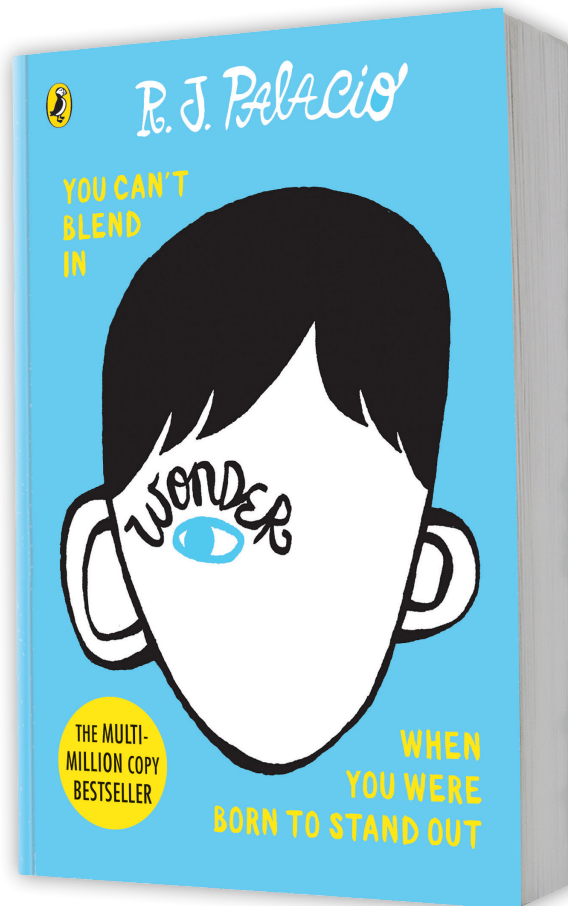
for ages 8+

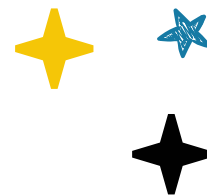## Activity 2 Kindness Postcard

Explores themes of:
Kindness, Community, Friendship, Wellbeing, Emotional Literacy

Subject checklist:
Literacy, PSHE, Citizenship, Art, Design & Technology

Activity 2:
Kindness Postcard

"Kinder than is necessary. Because it's not enough to be kind. One should be kinder than needed. Why I love that line, that concept, is that it reminds me that we carry with us, as human beings, not just the capacity to be kind, but the very choice of kindness. (p. 300)

- Why is it *"not enough to be kind"*? What does Mr. Tushman mean when he says that human beings carry with them *"the very choice of kindness"*?

- Can you think of a time when you <u>chose</u> kind? Describe it to a friend or classmate. What motivated you to be kind? What was the impact of your kindness?

- Think about someone in your family, your friendship group, or your class. You may even want to think of someone else, for example someone who is an elderly relative, or someone who lives alone.

- Consider the challenges that your chosen person faces in their daily life, from the very small things to the bigger things. You might want to note down your ideas by drawing a volcano-shaped diagram, listing the different challenges in order from small, to big.

- Write a Kindness Postcard to brighten your person's day and help them feel more connected to the community. On the back of the postcard, draw a picture of something that will make your chosen person smile.

- Finally, find a bucket or a box and place it in the centre of your classroom. This is your new Kindness Bucket! If you are comfortable sharing your work, place all of your Kindness Postcards into the bucket. Take turns to choose one and to read aloud the kind messages. Afterwards, reflect on how taking part in this activity has made you feel. Has it had an impact on your wellbeing?

Activity 2:
Kindness Postcard

Write a Postcard to brighten someone's day