

## Well Being Poster

With Harvest Festival next week, this week's wellbeing poster looks at 7 Random Acts of Kindness Ideas for Children taken from [Parents.com](http://Parents.com) 2021.

**Kindness** is a superpower that children can choose everyday and instead of making it a 'rule', kindness can be encouraged by showing it as a superpower that makes a child and others feel good. Research shows that 'being kind boosts happiness and wellbeing' and that 'kindness leads to an increase in peer acceptance.'

The following Random Acts of Kindness may encourage your child to become more confident in their abilities to impact the world around them.

### 1. Share a Kind Note

This idea stresses the importance of positive words. Ask your child what kindness means to them and encourage them to use those words to write a pleasant note to someone special.

### 2. Demonstrate the Power of Encouragement

Take some colourful sticky notes and encourage your child to fill them with encouraging compliments like, 'you are awesome', 'you are a good friend,' 'you can do this,' for someone special. Add their name to the notes and hide them around the house for them to discover.

### 3. Pick Up Litter Together

Have a conversation about how everyone has the power to make the world more beautiful and with a mind to safety and hygiene, take some time litter picking. If there is no safe, hygienic way to achieve this, spend time encouraging 'no littering' to establish as a life long habit.

### 4. Find Someone to Thank

Kind words go a long way and there is never a bad time to express gratitude. Encourage your child to say thank you to a teacher, a shop assistant, someone who has displayed an act of kindness towards them. It can be fun to 'find' people to thank together.

### 5. Add Gratitude to Your Evening Routine

Discussing gratefulness can be an 'eye opening' experience or a child. If possible introduce a time each night to look at what has made them happy that day.

### 6. Play 'I Spy Kindness'

Kindness exists all around us, we just need to look for it. When out and about take the opportunity to point out acts of kindness visible in the world around you. The more acts of kindness your child witnesses, the more ideas they will have for spreading cheer of their own.

### 7. See Something, Do Something

Children pay more attention to those around them than sometimes thought. When an issue is raised, take the opportunity to answer questions and heighten awareness then do one small thing about it together as a family. i.e. donating clothes to a shelter or volunteering together.

Every act of kindness, no matter how small, makes a difference so help your child engage their kindness superpowers!

