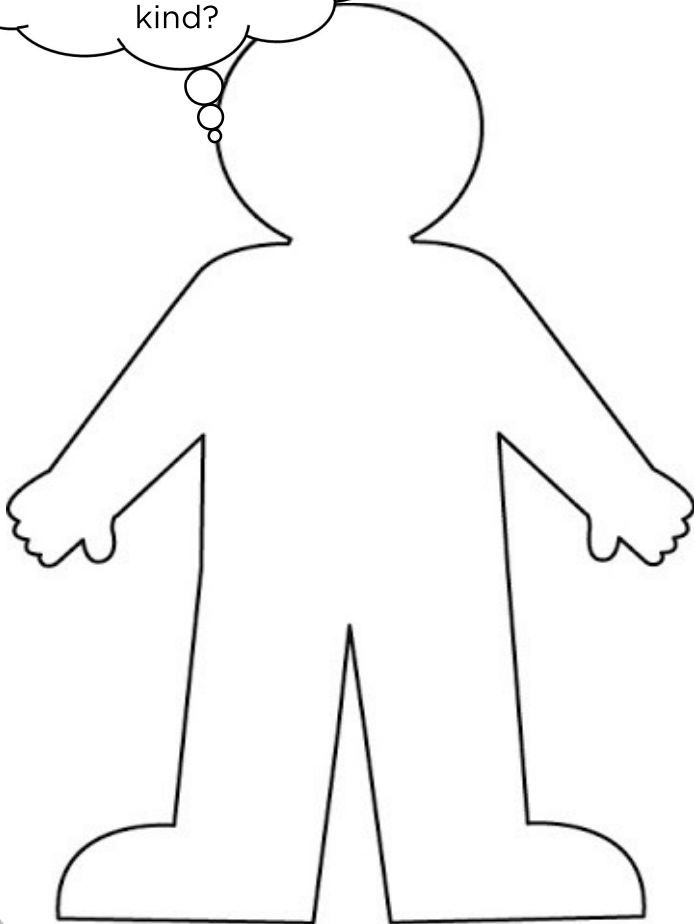
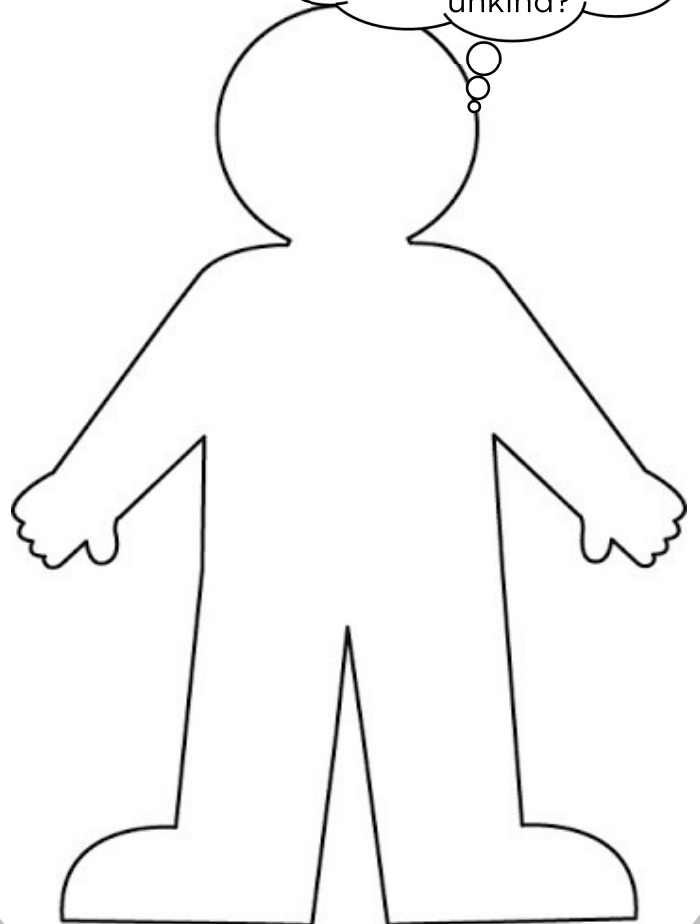


We all have an impact on one another, whether we realise or not. Our words, actions, attitudes, emotions and beliefs will impact our friends and the people around us. What we do or say can make others feel happy, sad, delighted, confused, hurt or hopeful. We can encourage or discourage others; we can build others up, or bring them down. Use these activity sheets, alongside the videos, to consider the impact we can have on one another.

What emotions do you feel when someone is being kind?



What emotions do you feel when someone is being unkind?



Is it right for people to be unkind and make others feel useless, fearful, sad or hurt?



‘Therefore encourage one another and build each other up, just as in fact you are doing.’

The Bible: Thessalonians chapter 5 verse 11

The United Nations created a document called the 'Rights of the Child'. It shows that every child is important and should be treated with dignity and respect.

A child is anyone aged under 18	All children have these rights	Adults should do what is best for you	Your rights must be protected	Family help you to know your rights	You have the right to be alive	You have the right to a name
An identity that nobody should take away from you	The right to live with a family that cares for you	The right to contact with parents if they are in a different part of the world	Protection from kidnapping	The right to an opinion	Right to share what you think with others	Right to choose your own religion and beliefs
To set up groups and choose your friends	Right to privacy	Right to information	Right to be raised by your parents (if possible)	To be protected from harm in mind and body	Right to care and help if you cannot live with your parents	Right to care and protection if you are adopted or in foster care
Special protection if you are a refugee	Special education and care if you have a disability	A right to the things that will keep you safe, clean and well	If you are in care, your living space should be checked regularly	The right to help if you are in need	The right to food, clothing and a safe place to live	A good quality education
Education that develops your talents and teaches you respect for others	Practice your own culture, language and religion	Right to play and rest	Protection from work that harms you	Right to protection from harmful drugs	Right to be free from sexual abuse	Right to protection from being taken advantage of
Nobody is allowed to kidnap or sell you	Nobody is allowed to punish you in a cruel or harmful way	Right to protection and freedom from war	Right to help if you have been hurt, neglected or badly treated	Right to legal help and fair treatment in the criminal justice system	Laws from the country you reside protect you	You have the right to know your rights

Source: www.dualfrequency.co.uk

Can you remember the order in which the acts of kindness happened in the video 'Pay It Forward'?

How can you show kindness to others?



What would the world be like if we all showed kindness to one another?