



Boldmere Values Newsletter



Kindness

November 2020

Definition:

Kindness is when we are friendly, thoughtful and generous.

Kindness looks like:

- Offering to help.
- Thinking of the other person before yourself.
- Looking out for or supporting others.

Kindness sounds like:

- Saying "Would you like to use it first?"
- Saying "What can I do to make you feel better?"
- Saying "Thank you."



Related words or phrases:

Compassion, caring, sharing, family, friends, empathy, appreciation

Acts of kindness to try:

- Hold a door open.
- Thank a school cleaner.
- Read or tell a story to someone.
- Give someone a smile!
- Include someone in your game.
- Tell someone that you enjoyed a meal they have cooked for you.

No act of kindness,
no matter how small,
is ever wasted.
- Aesop

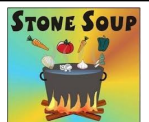
School:

We started this half term with a whole school assembly to launch our value of **kindness**. We thought about what kindness means and how we can show kindness towards others every day. Acts of kindness do not need to cost anything, but they can benefit both the receivers as well as the givers.

Home:

At home, look out for when people are kind to others or the environment. Why not show someone that you appreciate them, or share your time with a friend or family member? Please look out for the Random Act of Kindness forms.

A story about kindness and sharing.



Many years ago three soldiers, hungry and tired, came across a small village. The villagers, suffering a poor harvest and many years of war, had learned to keep to themselves what little they had to eat. They complained to the soldiers about the hard times they were going through.

The soldiers spoke quietly among themselves and the first soldier then turned to the village elders. "Your tired fields have left you nothing to share, so we will share what little we have: the secret of how to make soup from stones."

The villagers were confused at such an idea but decided they would give it a try. A fire was lit and the largest pot in town was set upon it.

"Now this will be a fine soup, but a pinch of salt and some parsley would make it wonderful!" said the second soldier. Up jumped a villager, crying "What luck! I've just remembered I have some!" And off she ran, returning with a bag of parsley and a turnip. As the kettle boiled on, the memory of the village improved and soon barley, carrots, chicken and cream had found their way into the great pot.

They ate and danced and sang well into the night, refreshed by the feast and their new-found friends. In the morning, the three soldiers awoke to find the entire village standing before them. At their feet lay a satchel of the village's best breads and cheese. "You have given us the greatest of gifts: the secret of how to make soup from stones," said an elder, "and we shall never forget." The third soldier turned to the crowd, and said, "There is no secret, but this is certain: it is only by sharing that we may make a feast." And off the soldiers wandered, down the road.