



# Boldmere Values Newsletter



## Kindness

November 2022

### Definition:

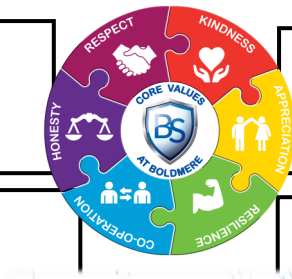
Kindness is when we are friendly,

### 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



### Related words or phrases:

Compassion, caring, sharing, family,

### 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.

### School:

We are starting this half term with an assembly to launch our value of **kindness**. We are thinking 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:

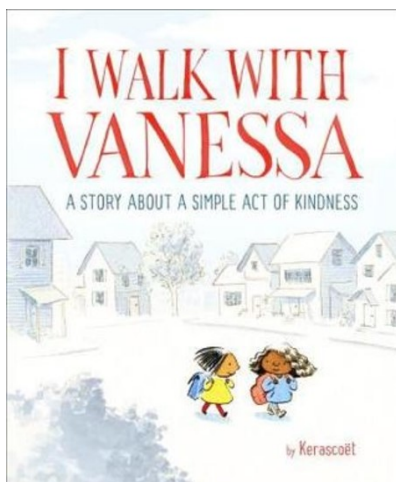
At home, look out for when people are kind to others or the environment. Why not show someone that you appreciate them, or share your time with a friend or family member?

Please look out for the Random Act of Kindness forms coming soon.

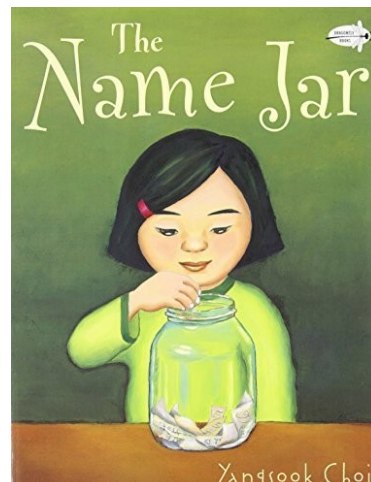
### Books which promote kindness:



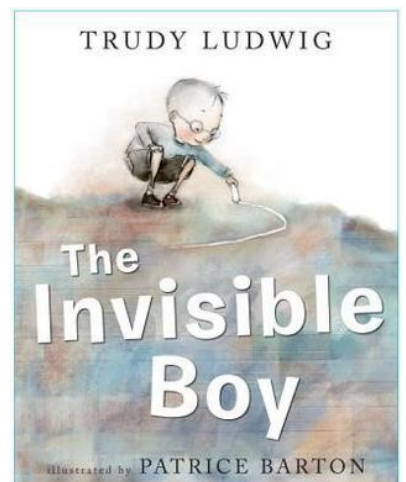
**Wonder-** R J Palacio



**I Walk with Vanessa:** A wordless story about a simple act of Kindness- Kerascoët



**The Name Jar-** Yangsook Choi



**The Invisible Boy-** Trudy Ludwig

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