



# The value of THOUGHTFULNESS



*Nitima* thinks that thoughtfulness is when you think of others and their well-being as well as your own, especially in tricky situations. Putting someone else before yourself is a form of thoughtfulness because you can think of how other people may feel.

At Zouch we use thoughtfulness by helping other pupils and adults with their feelings and well-being. We also consider their opinions and thoughts as everyone deserves to be heard.