



Y Have a Heart – Kindness Activity

Activity 1: Thinking About Kindness

Think of a time when someone has shown you kindness, or you have seen kindness in action. Write or draw about this situation and how it made you feel.





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Activity 2: Heart Reflection

Make a list of ways you can show kindness to others at home, at school and in your community.





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Activity 3: Heart Wall Contribution

Imagine your kindness heart being added to a big display that helps our school care for others. Draw or write what your heart would say.

