



Jar of Kindness

Decorate a large jar and name it the 'Jar of Kindness'. Ask children for ideas of kind acts, write these on slips of paper and place in the jar. Select a kind act at random as a challenge for an individual or for the whole class to complete on RSE Day or the week leading up to it. Continue until all are complete.

Here are some ideas to prompt the children:

- Hold the door open for someone
- Say 'thank you' to someone
- Ask if someone needs help with anything
- Tidy up
- Share something with someone else
- Help someone with their work
- Pay someone a compliment
- Ask someone if they would like to join in your game

