



Kindness Countdown to Launch Notes

In the week before before RSE Day start the countdown by undertaking a different activity in form each day for 4 days.

Explain to the form that the theme for this year's RSE Day is 'Let's Launch into Kindness'. In the week leading up to the day you will be challenging them to complete a series of tasks linked to the theme.

5. How can we be kind?

Individually or in groups ask the form to write down everything that comes to mind when they think about kindness. What kind things can they do for others or for themselves? Have a whole class discussion sharing all the ideas.

4. Say something kind

Ask each student to choose something kind they could **say** to someone else today. When they have done it record it on their worksheet.

3. Do something kind

Ask each student to choose something kind they could **do** for someone else today. When they have done it record it on their worksheet.

2. Be kind to yourself

Ask each student to choose something kind they could **do** for themselves today. When they have done it record it on their worksheet.

1. What have we learnt?

In groups, or as a form, reflect on the students' actions during the week. What sort of things did they do? How did it feel to be kind to others and kind to themselves? Did they do anything they wouldn't normally do? Were there any unexpected outcomes as a result of their kind acts? What will they do in future to continue being kind?

