



Kindness Countdown to Launch Notes

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

Explain to the class that the theme for this year's RSE Day is 'Let's Launch into Kindness' and they are going to countdown to the day by doing different activities.

5. Launch pad / Runway thought shower

Individually or in a group on a [KC rocket worksheet](#) (if working in a group an A3 copy would be best), ask the class to write down around the outside of the rocket everything that comes to mind when they think about kindness. What kind things can they do for others or for themselves?

4. Engines on!

Ask each child to choose something kind they could **say** to someone else today. When they have done it record it on their rocket in the space nearest the tail.

3. Complete Safety Checks

Ask each child to choose something kind they could **do** for someone else today. When they have done it record it on their rocket in the next space.

2. Start Final Countdown

Ask each child to choose something kind they could **do** for themselves today. When they have done it record it on their rocket in the next space.

1. Lift Off!

Watch the 1decision RSE Day assembly.

In groups, or as a class, reflect on the Kindness Countdown activities, were they hard to do? Which acts will they try to keep doing? How did it feel? Ask each child to write their feelings on the rocket.

As an additional activity, complete the assembly task by asking children to design a [kindness bookmark](#) for a friend or to leave for someone to find in a book.

