

Relationships and Sex Education (RSE) Day

It begins with me

Kindness Post-box

Talk to the class about the way that kindness plays a part in positive self esteem for both the giver and the receiver.

Have they ever received any kind acts from others? How did it make them feel to receive these?

Discuss ways the pupils can be kind to their friends, family and even themselves.

Ask the children if they can identify some members of the community who deserve to receive recognition or kindness. This might be a local care home, police station, the children's ward at the local hospital, fire station etc.

Come up with ideas for free or inexpensive items that you think members of the community would appreciate receiving. This could be things such as hand drawn pictures, painted mini wooden hearts, thank you cards, home baked biscuits or other little things to make them smile. You may wish to involve parents to collaborate by bringing in items they'd like to donate or to do some baking

To make the kindness postbox, children should decorate the shoe boxes with the paper, ribbon, pens, glitter, stickers, sequins, fabric etc

Fill the shoe boxes with the items you have gathered and deliver the boxes to your chosen members of the community.

You may wish to take photos to create a *It Begins With Me* display in the classroom to remind children of the kind acts they demonstrated and how it these made other people feel.