kindness is a superpower

a journal

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When you think about it, kindness it a bit like a superpower! When you do something kind, you can make someone smile, make them feel good, and make their day better.

An act of kindness doesn't have to be big. Something small can help friends, family, neighbours, or the people in your school and community feel appreciated and loved. The result is friendships and relationships that are stronger and happier, with shared memories that you can keep forever. By being kind, you help to make a positive difference to the world we live in.

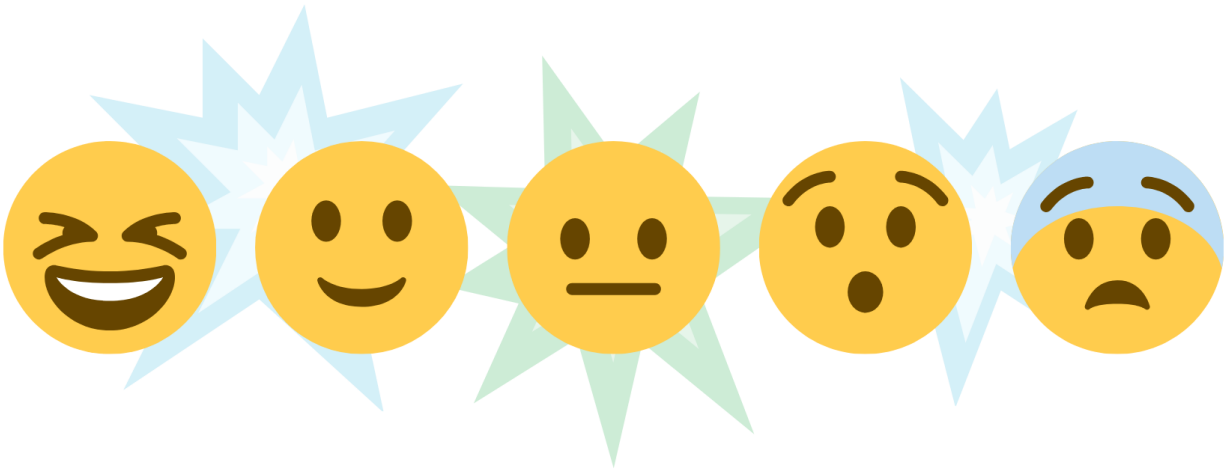
Think about the last time someone did something kind for you. How did it make you feel? Not only did you helped someone, you may have experienced happiness and joy too. Remember that feeling and pass it on to someone else – just one act of kindness can lead to many more. A small change can make a big difference.

As well as being kind to others, it is important that we are kind to ourselves - so you have the energy to share the positivity you feel with the people in your life. There are many ways you can show kindness to yourself and to others. In this journal, you can explore ideas and activities to help you to share the superpower that is kindness.

Write about a time when you were kind to someone.

What happened?

This made me feel…



KINDNESS
STARTS
with me

Ideas for being kind at home

Can you think of any more?

Ideas for being kind in the community

Can you think of any more?

Be kind to yourself

What makes you happy? My favourite things to do are…

Remember, to be kind to others, you need to be kind to yourself first.

do something you enjoy

keep other people in mind so you don't become overwhelmed

take time out when you need to

start with small gestures so you don't become overwhelmed

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