

**DIALOGUE
WORKS**

HomeTalk

thoughtful conversations for families and schools

Let's talk about...

Kindness

compiled by Topsy Page www.topsy.com



Photo by Gennaro Leonardi via Pixabay

Note to parents/carers and teachers

This pack contains links to external websites. Whilst we take every care to make sure these are suitable, you may want to check the content before showing them to children.



To get HomeTalk emailed every week message <https://bit.ly/hometalk-sign-up>

Quotes about kindness

Love, kindness, compassion, and tolerance are qualities common to all the great religions, and whether or not we follow any particular religious tradition, the benefits of love and kindness are obvious to anyone.



14th Dalai Lama Tenzin Gyatso
religious leader

You can accomplish by kindness what you cannot by force.

Pubilius Syrus
writer in Ancient Rome

Some kindnesses you do not ever forget. You carry them to your grave, held warmly somewhere, brought up and savored from time to time.



Chimamanda Ngozi Adichie
writer, in *Zikora* (2020)

Thinking about kindness

Caring thinking

How can I be kind today?

Collaborative thinking

What makes a kinder society?



Creative thinking

Is there such a thing as a kind invention?

Critical thinking

Is it possible to be too kind?

Are you planning to do something kind this week?

Has anyone ever done something kind for you but you didn't realise it was kind at the time?

Is there a connection between how you treat others and how others treat you?



Think **AHEAD**

Think **BACK**

CONNECT



DIVIDE

LISTEN/LOOK

ZOOM (in/out)

What are the differences between kindness and politeness?

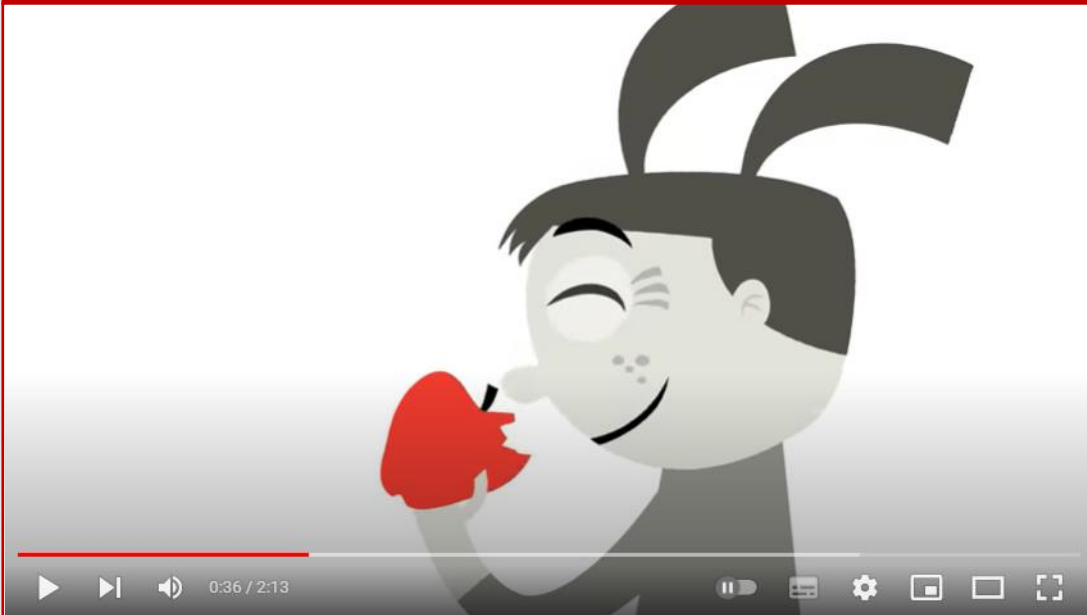
How do people communicate when they want to show kindness?

In the world overall, are there more kind acts or more unkind acts?

How could you make a small change to the next thing you do, to make it kinder?

Discussion suggestions (age 3 - 5)

Stimulus



<https://youtu.be/mdA2sByFX1I>

Colour Your World With Kindness

Talking Points

- Why did the people in the video change to bright colours?
- What were three kind things that happened?
- Sharing your lunch – good idea / bad idea?

Activity

- Think about someone in your family who needs help with something.
- Go and help them!
- Draw or paint a picture of what happened.

Discussion suggestions (age 6 - 9)

Stimulus



<https://youtu.be/CbY5Ez1mOxk>

Kindness is a Chain Reaction

Talking Points

- Rank the acts in the video from most kind to least kind. Explain your thinking.
- What did all the kind acts have in common?
- What might have happened if someone in the video had 'broken the chain' and been unkind to the next person they met?
- Have you ever done any of the kind things shown?
- What is the kindest thing you've ever done?

Activity

- In the video, everyone reacts gratefully when someone is kind to them. Make a special effort over the next 24 hours to notice people who are kind to you and give them a grateful reaction!

Discussion suggestions (age 10+)

Stimulus

“... just because we have the capacity for kindness... doesn't mean that we always act with kindness.

We may be too busy, distracted, or wrapped up in our own concerns to pay close attention to others' needs or actively seek out opportunities to help.

Or we're just out of practice.

Researchers have argued that kindness is like a muscle that needs to be strengthened through repeated use.”

***Three research-based ways to cultivate kindness in your life:**
Juliana Breines, Psychologist, in Positive News (September 2015)*

Talking Points

- This quote suggests that everyone has the capacity for kindness – would you agree or disagree?
- Have you ever seen someone being too busy or distracted to notice that you needed help?
- Have you ever been too busy or distracted to notice that someone else needed help?
- Which is more important – strengthening your ‘kindness muscles’ or strengthening your physical muscles?

Activity

- Keep a kindness diary for one week. Every day, try to notice at least one opportunity to be kind to someone. Write a note of what you did. Read your notes and reflect on your experiences at the end of the week.

➤ More about HomeTalk, including previous editions

➤ Parent Talk Moves – tips for great conversations with your children

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#P4C and #thinkingmoves



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#P4C and #ThinkingMoves

Training opportunities for teachers, support staff and parents

P4C Plus Foundation course (12hrs)

Teaching that puts more thinking into learning

- Introduces you to **P4C Plus** and builds your skills over the first year of practice
- Equips you with a range of skills to use in P4C inquiries and throughout the curriculum
- Includes premium resources and teacher guide

Thinking Moves A – Z course (6hrs)

Making metacognition simple across the curriculum

- Shows you how **Thinking Moves** can enhance thinking in any subject, as well as in P4C inquiries
- Gives you practical guidance on how to embed Thinking Moves into learning
- Includes premium resources and handbook

Both courses available online or face-to-face, for individuals or whole-school teams

See <https://dialogueworks.co.uk/training/> for upcoming courses

Contact enquiries@dialogueworks.co.uk for bookings or more information