



## ***EACH KINDNESS***

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YouTube link to *Each Kindness*:

<https://www.youtube.com/watch?v=T6lVqgjk1RA>

Discussion **or** journal questions about feeling left out or bullied:

1. Have you ever felt left out? How did it make you feel?
2. Why might someone feel left out?
3. What strategies will help you next time you feel this way?
4. What can you do to join in with other children?
5. How can you help someone who is feeling left out or bullied?
6. How do you feel when you are bullied?
7. What strategies will help when you or someone else is bullied?
8. Have you ever been teased? How did it make you feel?
9. Have you teased someone else? Why?
10. Is teasing and bullying the same? Explain your answer.
11. Is being alone and lonely the same thing? Explain your answer.
12. If you see someone being bullied, what could you do?

Discussion **or** journal questions about Kindness:

1. What does it mean for you to be kind?
2. How do you feel when someone is kind to you?
3. How do you feel when someone is unkind?
4. In what ways are you kind?
5. What could you do to be kinder in the future?
6. How can you make a new student feel welcome?



7. What did it mean to [character] to be included/not included?
8. What kind words did the characters use?
9. How was [character] helpful to others in the book?
10. What acts of kindness did the characters show?
11. What were the consequences of the kind actions in the book?
12. What were the consequences of unkind actions in the book?
13. Why was [character] kind to someone they didn't know?
14. Why was [character] unkind to their friends/family?
15. What did it take for [character] to realise they were being unkind?

**Activity:**

Cut enough slips of paper for all the students in the class (each student has enough blank slips for all of the students) **or** have students bring enough valentines cards for each student in the class.

Every student will then write one kind thing on the slip of paper or Valentine's card and then distribute them to each of their classmates. Instruct the students to say something kind about the person such as 'I love your laugh' or 'you are very nice' vs focussing on material things such as 'I like your shoes' or 'you have a cool bike'.

