



Kind Cumbria

KIND CUMBRIA DAY – IDEAS FOR SCHOOLS

Join us in "flying the flag of kindness" across schools in Cumbria and help your pupils develop their personal, social and emotional wellbeing. Here are some ideas on how you can get involved:

- Help us create "Flags of Kindness" with children's ideas of what kindness means to them or an example of something they have done to be kind – get your class or school together and send us a photo so we can create a montage of kindness.
- Focus on acts of kindness within school, hold class discussions about kindness. Talk about acts of kindness the whole school can do together and good deeds individuals can do
- Celebrate the everyday heroes/kind figures in the local area or within school – this could be done through nominations and a whole school vote
- Make a display – leave cards for pupils to write down kind deeds they have done or witnessed and pin onto the display.
- Include the subject of kindness in each class e.g. in English focus on literacy with a kind theme; poems or books with a kind storyline
- Write a school blog about kind acts that are carried out that day/week
- Create a compliment or 'thank you' board for students to express their positive feelings towards each other
- Create 'packages' with donated or homemade goodies for a local hospice, nursing home, homeless shelter or hospital
- Put posters up around the school with inspirational kind quotations on them
- Short story competition – with a kind theme
- Do a school litter pick

Remember to tag your photos on social media with

#KINDCUMBRIADAY



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www.cumbriaaction.org.uk/what-we-do/kind-cumbria