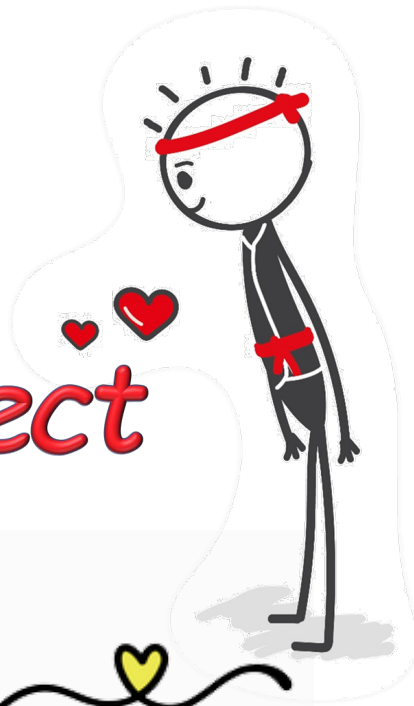


Full Name:

# WEEK 1

## Kindness and Respect

be kind



When we bow, what does that mean? **Kindness and Respect.**  
What does respect mean? **Value yourself and value each other.**  
How do we VALUE each other? **We treat others the way we would like to be treated if we were them.**

Kindness is helping other people or making them feel better.

Think about how good it makes YOU feel when someone is kind to you.

One act of kindness could not only make someone's day better but their whole life!



### To earn your Red Success Stripe

This week, each day show kindness to someone in your life.  Tick a box for every day you do this. Ask Mum or Dad to write a short note letting us know how you did.

- DAY 1    DAY 2    DAY 3    DAY 4  
 DAY 5    DAY 6    DAY 7



**PARENT/CARER FEEDBACK** – Let us know how your child did this week:



## - WEEK 1 -

### HANDS ON TOP

When I say, "Hands on Top!" You say, "Everybody Stop!" and put your hands on top of your head. "Hands on Top!" Repeat three times, moving energetically around the class.

### CRISS CROSS

"Criss Cross!" - Students reply, "Karate Sox!" and sit down with their legs crossed. They are now ready to listen!

When I say legs, you say crossed! Legs! Crossed!

When I say back, you say straight! Back! Straight!

When I say hands, you say on the knees! Hands! On the knees!

When we bow, what does that mean? **Kindness and Respect.**

What does respect mean? **Value yourself and value each other.**

How do we VALUE each other? **We treat others the way we would like to be treated if we were them.**

### KINDNESS - REPEAT AFTER ME

"It's cool to be kind."

"Kind people are the best kind of people."

Let's talk about kindness. Kindness is doing something to help someone or make them feel better. Put up your hand if it makes YOU feel good when someone is kind to you. One act of kindness could not only make someone's day better, but their whole life!

### TO EARN YOUR RED SUCCESS STRIPE:

This week, do at least one act of kindness each day for someone in your life. Who's going to do that? Then ask Mum or dad to write a short note to let us know how you did.

### AWARD RED STRIPES - 1,2 YOU ROCK! - WARMUP!

