



relief  
good  
something act  
happiness  
perform  
**kindness**  
feel care decide  
think help comfort  
tenderness

# Pay It Forward

## Knowledge

*The idea of 'paying it forward' is about paying forward acts of kindness to you and creating a chain effect.*

*Follow this [link](#) to learn more...*



## Reasoning

1. In the current pandemic situation we're in, why is being kind so much more important at the moment?
2. How can kindness be paid forward?

## Practice

1. If someone does something or says something kind to you however small, be grateful and say 'thank you'.
2. Pay forward an act of kindness, the knock on effect can be huge!



- ***You think about other people, how they feel, and with tenderness you perform an act of care that brings happiness, relief or comfort.***
- ***You decide to do something good to help someone else, because you know it is the right thing to do.***

