



relief
good
something act
happiness
perform

kindness

feel care decide
think help comfort
tenderness

Virtue of the Week – KINDNESS



“In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’” (Acts of the Apostles 20:35)

You might be awarded a *kindness* virtue for doing things like:

- Helping fellow pupils and staff
- Showing love for one’s neighbour
- Supporting charity



- ***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.***



Give a Little, Help a Lot

Knowledge

A few weeks ago we were thinking about One Kind Word in our assemblies and forms as part of Anti-bullying week. Following that we have started our Advent Appeal – Give a little –Help a Lot. But are there things that you can do everyday to bring a little happiness to someone else?

<https://www.independent.co.uk/life-style/random-acts-of-kindness-viral-inspiring-a9339256.html?jwsourc=cl>

Reasoning

Some questions to facilitate a discussion about today's topic and virtue.

1. ...What is social conscience?
2. ...Who benefits from random acts of kindness?
3. ...Are there any barriers that would stop every one of us being kind to someone else at least once every day?

Practice

Some very specific instructions on how to live out today's virtue via today's topic.

- * Send a motivating text to your friend or family member
- * Go out of the way to make someone smile.
- * Talk to a friend or family member you haven't spoken to in a long time
- * Give someone a genuine compliment
- * Be a good listener
- * Be kind to yourself and take a day off