



# LETS MAKE KINDNESS ROCKS!



## WHAT ARE KINDNESS ROCKS?

Kindness rocks are a wonderful way you can spread some love and kindness within your community.

## WHY KINDNESS ROCKS?



Children all over the world have been painting kind and inspiring messages onto rocks and hiding them around their community for people to find them.

Finding something that has been painted in pretty colours with a kind message on brings a smile to a person's face!

**YOU ARE AWESOME!**  
**BE YOU!**  
**SHINE BRIGHT!**  
**I CHOOSE HAPPINESS**  
**YOU LOOK LOVELY TODAY**



**MESSAGES**  
**YOU COULD WRITE ON YOUR**  
**KINDNESS ROCKS!**



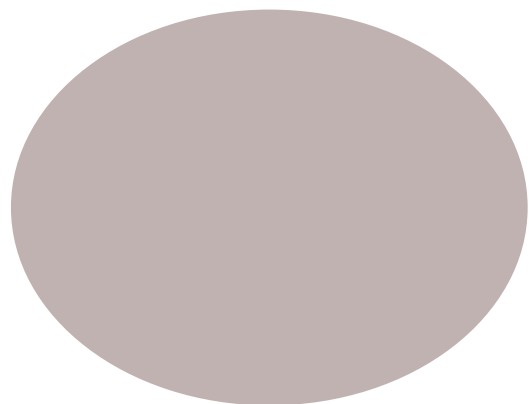
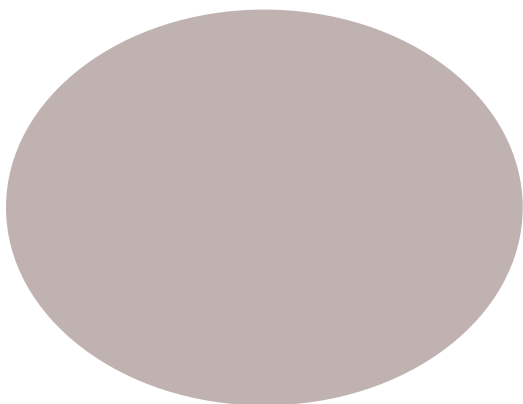
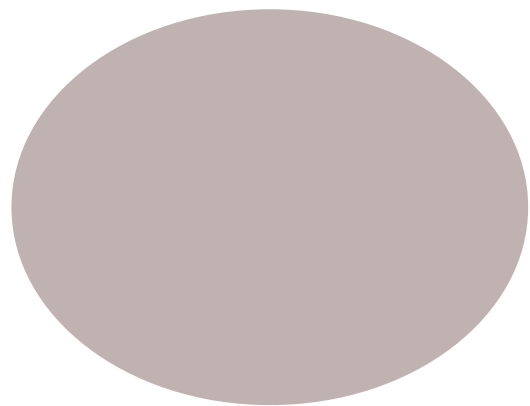
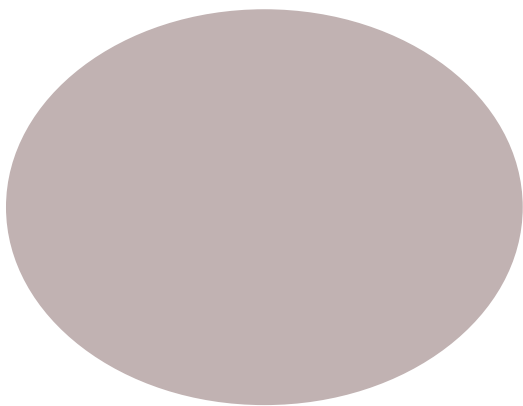
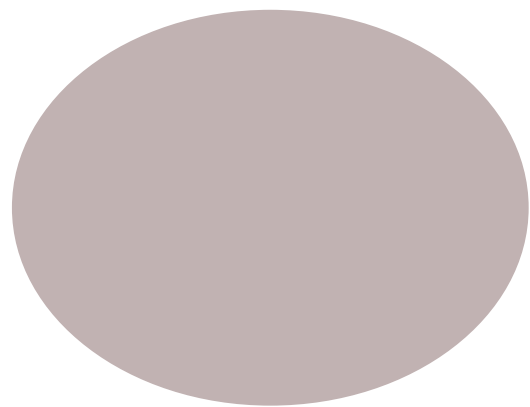
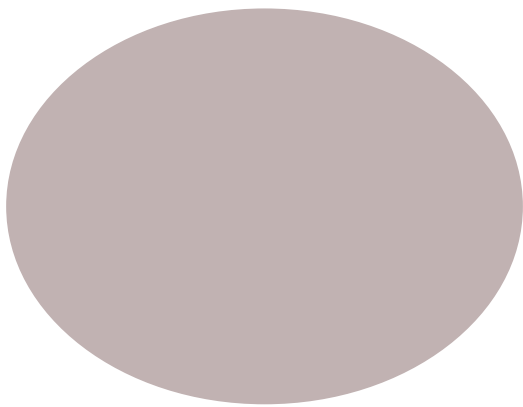
## PRACTISE YOUR DESIGNS!



On the page opposite you can practise creating some kindness rock designs before you paint and draw onto your actual rocks!

# CREATE YOUR OWN KINDNESS ROCK DESIGNS!

**TRY TO USE NON TOXIC PAINTS AND PENS WHEN YOU CREATE  
YOUR ROCKS IN REAL LIFE!**



Now try to paint or draw your designs onto actual rocks and start to hide them around your community!



# YOUR WAND OF DREAMS!

Did you know that when you think about something a feeling always follows?

## TRY NOW:

One by one go through the list of words below and see what you think (and then feel) about each word.

**DOGS    ICE CREAM    SPIDERS    LETTUCE    RAIN**

So we are a little bit like magicians!



We are always creating our own experience of dogs, ice cream, friends, lessons, adventures, bed time....

We create our own experience of everything by what we think about it.

**ALSO, WHAT WE FOCUS ON BECOMES OUR VIEW OF LIFE. SOMETIMES WE CAN FOCUS ON THINGS THAT CAN FEEL SAD OR WORRYING SO WHAT I WOULD LIKE YOU TO DO IS TO CREATE A WAND OF DREAMS ACTION PLAN!**

**THINK ABOUT ALL OF THE THINGS YOU WOULD LIKE TO ENJOY OVER THE NEXT FEW WEEKS.**

Use the page opposite to write down all of your ideas!

Think about what you would like to enjoy about yourself, your home, your family, your friends, your school, your activity clubs, at weekends....

# MY WAND OF DREAMS.....







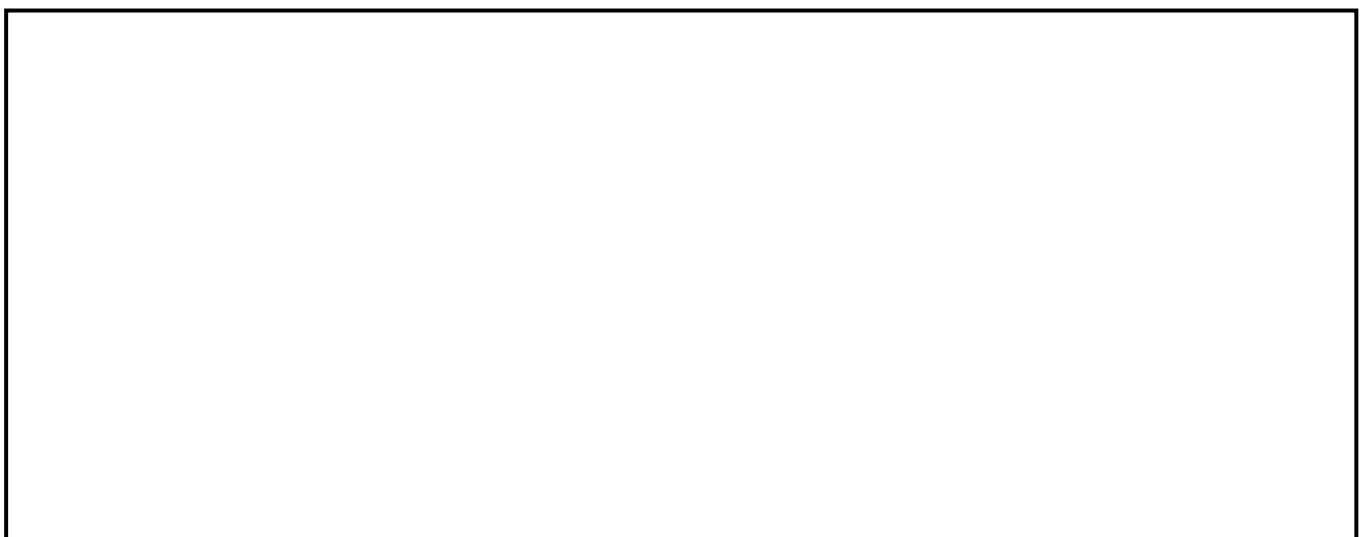
# LETS CREATE AN EMOTIONS MANDALA!

We are going to colour in the mandala on the opposite page with all of your emotions!

**WE HAVE SO MANY EMOTIONS IN ONE DAY, WE MOVE FROM FEELING ONE EMOTION TO THE NEXT WITH THE HELP OF OUR SUPERPOWERS!**

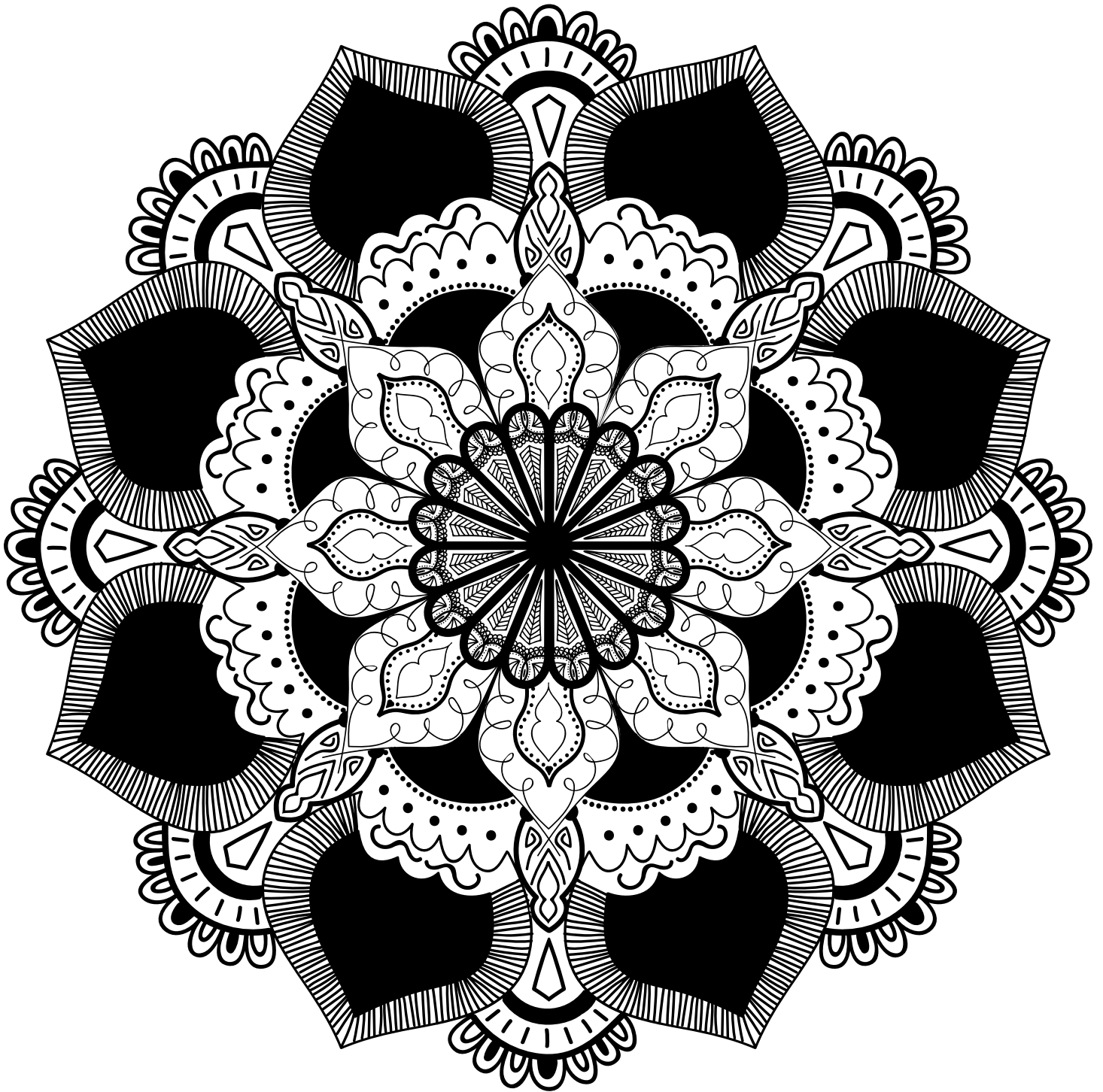
There are lots and lots of ways to feel. There are no good or bad emotions. We need all of our emotions to we can experience life in lots of different ways!

**THINK ABOUT ALL OF THE DIFFERENT WAYS THAT YOU HAVE FELT THIS WEEK, THEN CHOOSE A COLOUR THAT YOU FEEL SUITS THAT FEELING.**



Now use the mandala on the opposite to colour in with your emotions! Choose the colours you have selected above and create a beautiful picture that shows how you can sometimes feel.

# MY EMOTIONS MANDALA





# LETS GET CURIOUS ABOUT... THOUGHTS!

What if, your thoughts do not know anything about your ability?

What if the thought that tells you that you are no good at maths, has never met you and has never seen you answer your maths questions like a whizz!

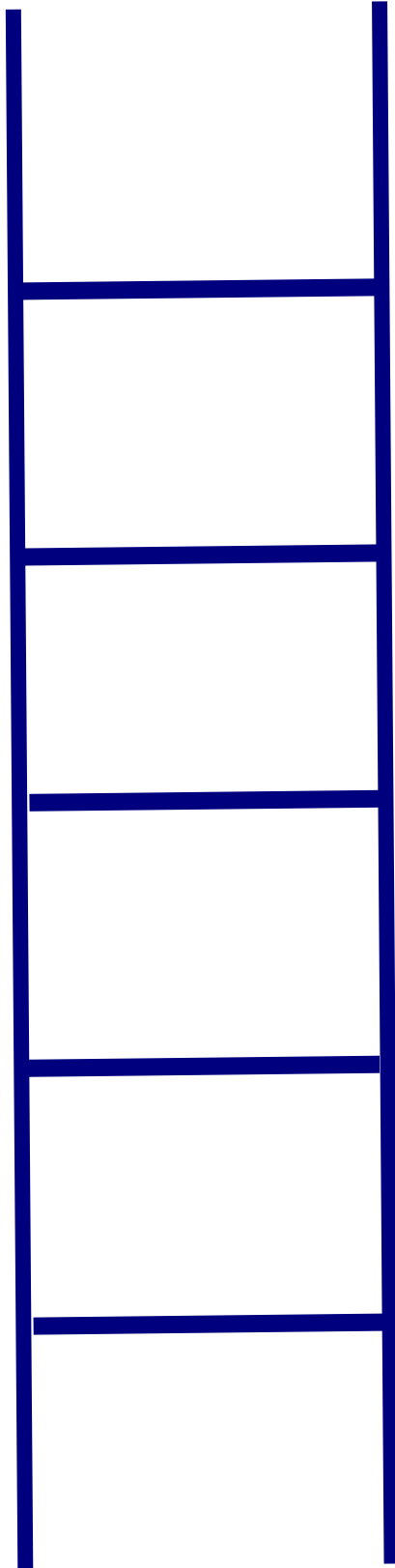
What if the thought that tells you that you are being left out, has never met your friends so does not know the full situation?

What if the thought that tells you that you cannot do something, does not know all about how amazing you are?

**WHAT THOUGHTS DO YOU HAVE THAT TELL YOU THAT YOU CANNOT DO SOMETHING?**

We have between 75-100 thousand thoughts a day, so if that one thought that tells us we cannot do something is just one of 75-100 thousand, then what if we just ignored it and waited for the next thought to arrive?

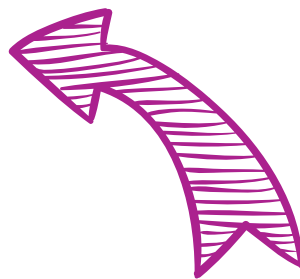
Lets create a CAN DO ladder!



Think about all of the things you 'think' you cannot do and add them to your ladder.

Try and DO one thing each week and see what happens!

Lets see if your thoughts know about your ability or lets see if you can have a thought but still do it anyway!



**MY CAN DO  
LADDER**

**TODAY IS A  
GREAT DAY  
TO BE**

**A WE S O M I E**





Think about the last time you felt....



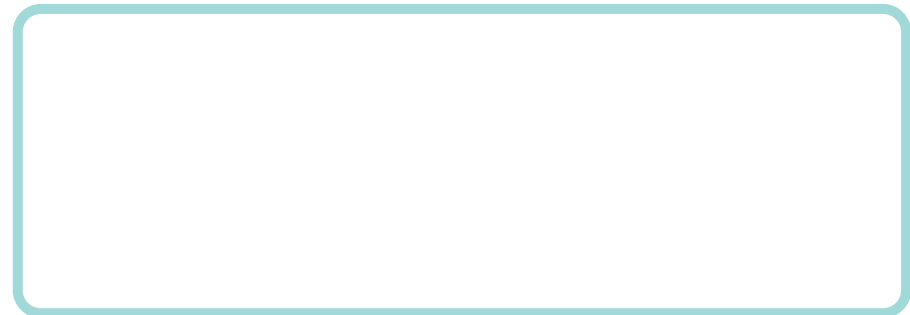
**My story of  
Bravery**



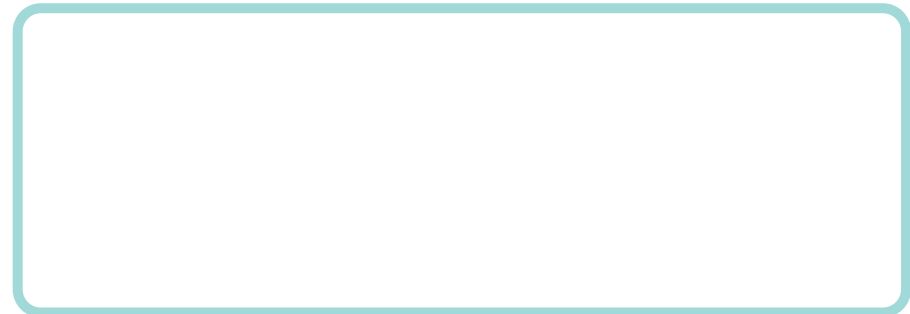
**My story of  
Creativity**



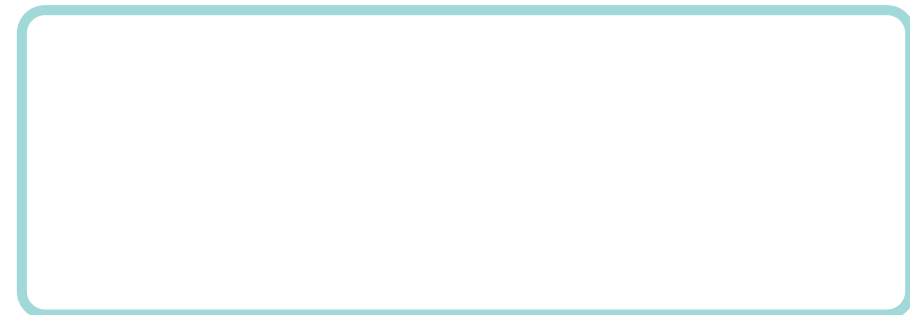
**My story of  
Happiness**



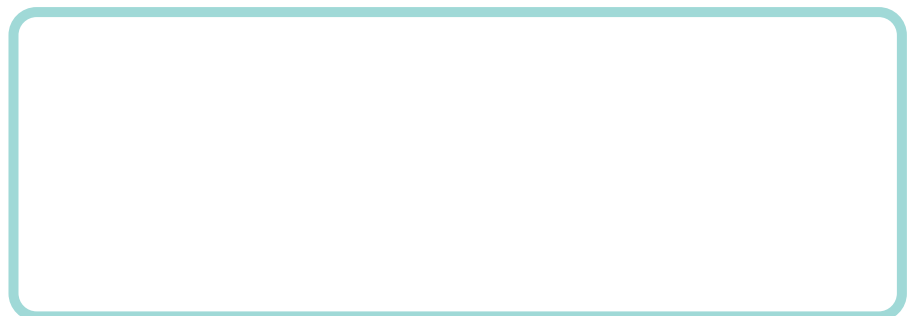
**My story of  
feeling  
Proud**

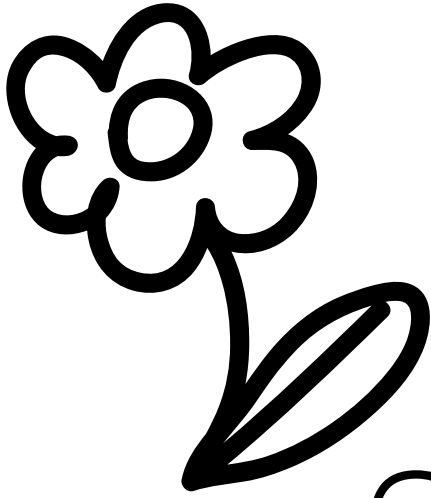


**My story of  
Love**



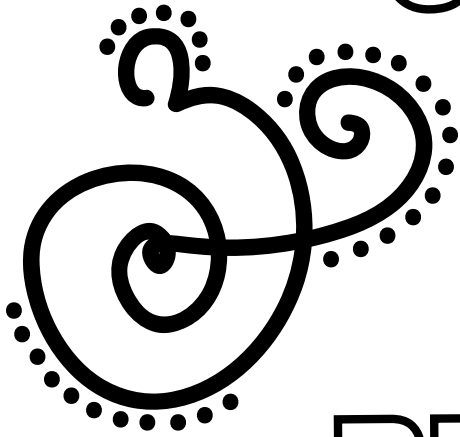
**My story of  
feeling  
Calm**





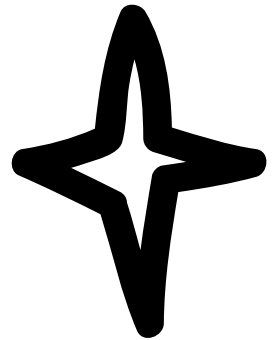
I AM

CALM

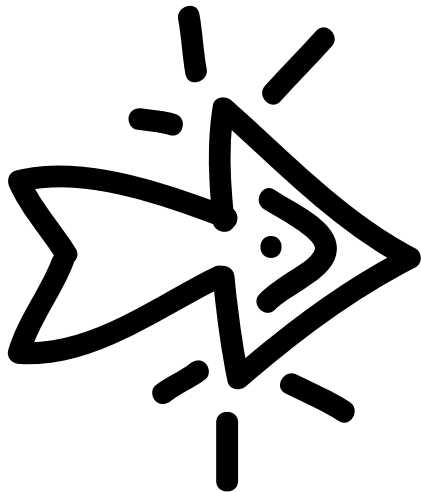


CONFIDENT

RESILIENT



CREATIVE



KIND







# LET'S MAKE GRATITUDE PAPER CHAINS!



**WHAT IS  
GRATITUDE?**

Gratitude is the quality of being thankful for things you have, people you meet, experiences you have!

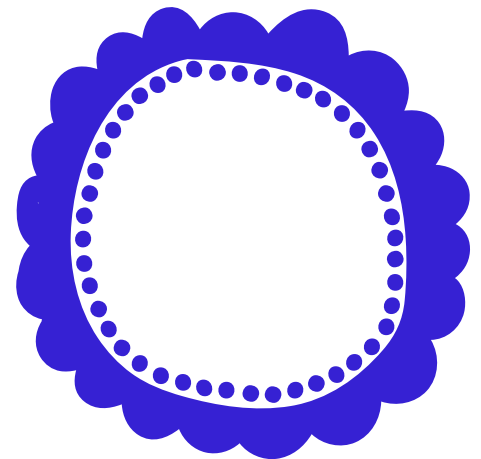
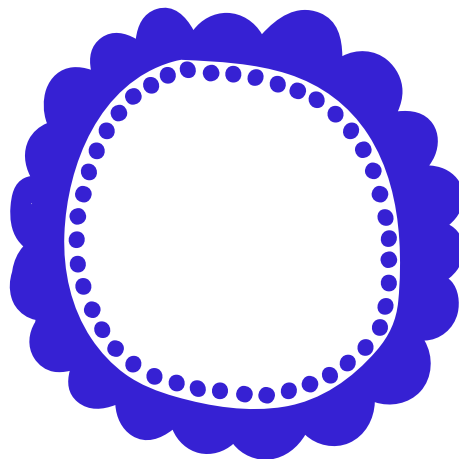
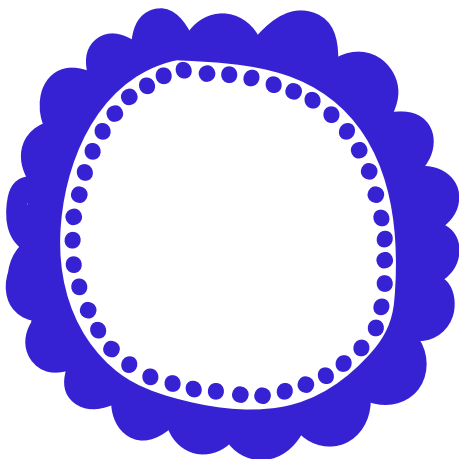
When you think about the things you are grateful for you feel all warm and fuzzy!

## WHAT THINGS DO YOU HAVE GRATITUDE FOR?

Something I am grateful for about me?

Something I am grateful for about my home?

Something I am grateful for about my family?



## How to make gratitude paper chains!

Use the template on the opposite page.

With the help of an adult cut out each paper chain.

Write out something that you are thankful or grateful for.

Form a circle and secure the paper chain link with some tape.

Add as many links as you have things to be grateful for!



**I AM SO THANKFUL FOR**



**I AM SO GRATEFUL FOR**



**I AM SO THANKFUL FOR**



**I AM SO GRATEFUL FOR**



# LET'S GET CURIOUS!

What is confidence?

Confidence is a thought, we can either think we can be confident or we can think we cannot be confident....

Someone who thinks that they are confident might put their hand up to answer a question in class or they might run in a race or make new friends in the playground.

## ★ CONFIDENCE ★

Here is a little secret, we are all confident!  
We can all, even you, be confident at any time.

The thought that we have that says 'you are not confident' have never met you, the thought does not know a thing about you or your ability.

When you ignore the thought that says 'you are not confident' guess what?

You become confident!

Can you think of a time when you did not feel confident?

Were you having a thought that said 'i cant do this'?

This week could you try something out, if you have a thought that says 'I cannot do this' could you try and just ignore it and see what happens?



# LETS PLANT A SEED!

What does a flower need to grow?



(plus a few other things!)

If you nurture a seed, plant it in soil, water it, give it plenty of sunlight and warmth then the flower will blossom into something beautiful.

## SO WHAT DO YOU NEED TO BLOSSOM AND GROW?

Circle below what you think would help you to blossom and grow!

**SAYING KIND WORDS  
TO MYSELF**

**FOLLOWING MY  
HEART**

**BELIEVING IN  
MYSELF**

**TRUSTING MY  
SUPERPOWERS**

**GETTING A GOOD  
NIGHT SLEEP**

# WHAT DO YOU NEED TO BLOSSOM AND GROW....

How do I need to take care  
of myself?



What do I need to remember about  
myself to blossom and grow?

How can my confidence and resilience help me  
to blossom and grow?



# LET'S MAKE A VISION BOARD!

A vision board is a picture you can create as a reminder of things you would like to achieve or experience!

How to make your vision board:

Think of some things you would like to add to your vision board.

Grab lots of pencils and pens.

Use the vision board template to draw, stick or write out all of your ideas!

Place your vision board somewhere you can see it to be reminded of the things you would like to achieve or experience.

Things you might like to add to your vision board:

Things to learn.

Places to visit.

Food to enjoy.

Sports to try.

Hobbies to try.

Adventures to have.

Brainstorm ideas you would like to include in your vision board:

**MY VISION BOARD**



*happy calm*

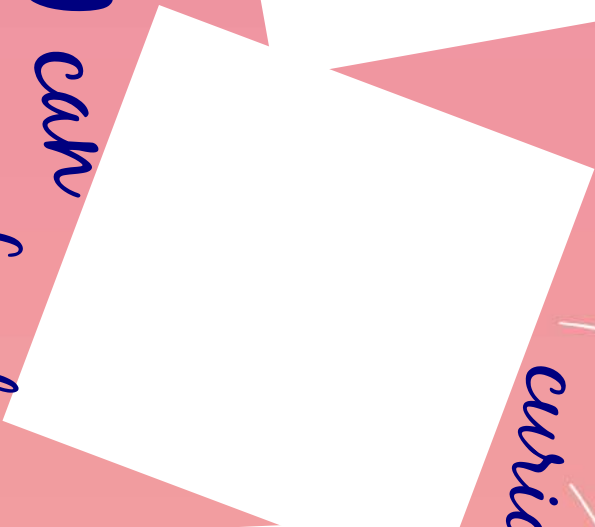
*confident grateful*



*Brave*

*I can*

*Loved*



*curious*

*confident*



*my dreams  
come true*



*I am happy*



**This issue of Kids Being Kind Magazine  
is all about YOU being kind to YOU!**



**ALL ABOUT MY MAGNIFICENT SELF!**

My favourite thing to eat is:

My favourite place to visit is:

Things that make me laugh:

Adventures I love to go on:

People I love to play with:

Hobbies I love:

Books I like to read:

My favourite movie:

What makes me unique:

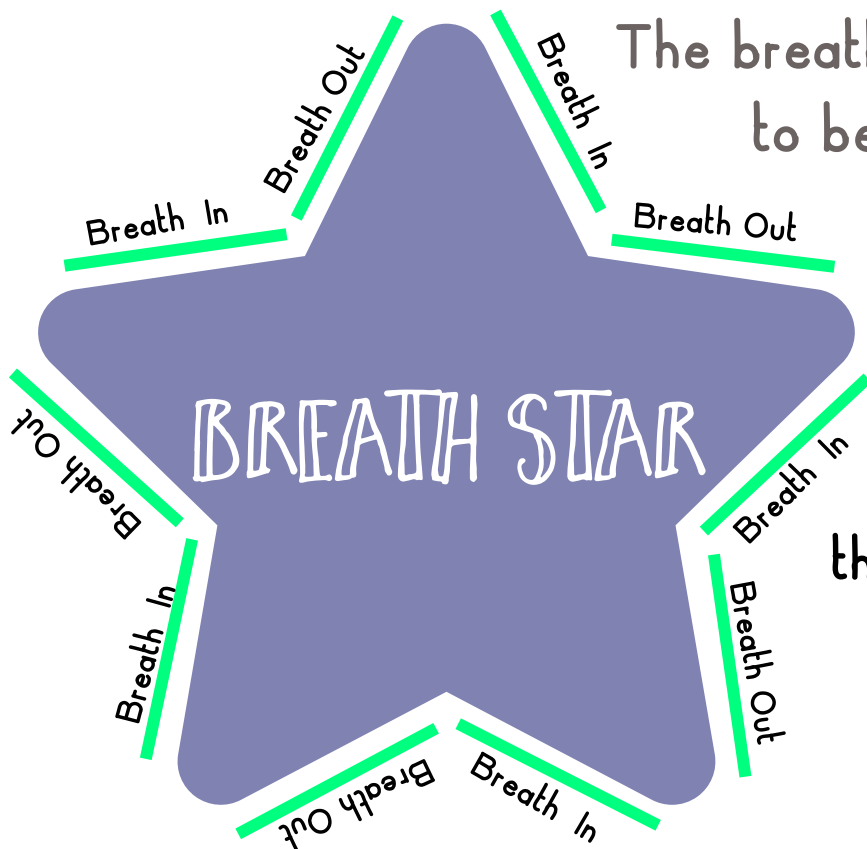
My favourite clothes:

My favourite colour:





# Be KIND to your MIND



The breath star is the perfect way to be kind to your mind!

Sometimes we have so many thoughts popping in and out of our head, the emotions that come with the thinking we have can at times feel a little overwhelming.

The breath star activity is a perfect way to enjoy a little moment of calm.

Take time to just let these thoughts come and go without paying them much attention as you follow the outline of the star with your finger.

**Try the breath star at least once a day.**

- Follow the outline of the star with your finger.
- Breathe in and count to 4 in your head.
- Hold your breath and count to 2
- Breathe out and count to 4
- Follow this until you have traced your finger around the whole of the star!

# Being kind TO YOU challenge



Kindness always starts with you, so this challenge will help you to show loving kindness to yourself every day.

Each day cross off one of the below tasks from the kindness challenge.

What makes you proud of yourself today?

Write down why it is amazing to be you.

Go for a walk in nature.

Look in the mirror and smile at yourself.

Complete the star breath activity.

Dance to your favourite song.

With a grown up, bake something that makes you go mmmmm.

Try doing a yoga pose for 30 seconds.

Create a poster for your bedroom that reminds you of how amazing you are.

Celebrate what you did well today.

Do something for YOU today that you just love doing.

Colour in for relaxation.

Ask your family to name 3 reasons they love you.

Write a story and get lost in your imagination.

Say kind words about yourself.

What made you smile today?

Write down your hopes and dreams.

What is unique about you?

Don't worry if you make a mistake, just try again.

Watch something on TV that makes you laugh out loud!

≡ Fill your kindness jar with kind words and thoughts ≡  
about YOU!



KIND



Feelings are the way  
we experience life.

Feelings are a guide to  
what we are thinking.

Feelings are neither  
good or bad.

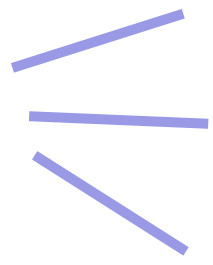
# What are FEELINGS

Feelings are the way  
we see the world.

Feelings give us the opportunity  
to live a vibrant and varied life!

We can have many  
feelings in one single day.

# WHERE DO FEELINGS COME FROM?



We can have lots of feelings a day.

One minute we can feel one way then the next minute we can feel another way!

But how does this happen? How do we have feelings??

Our feelings always come from a thought that we are having.



We can have between 75'000 to 100'000 thoughts a day!



So, we have the opportunity to experience lots of feelings each day.



You can have between 75 thousand to 100 thousand thoughts a day!

## ACTIVITY

Have a think about your day so far, how many different ways have you felt?

Can you name how you have felt?

Can you remember what you were thinking about for each feeling you had?

How long did each feeling last?





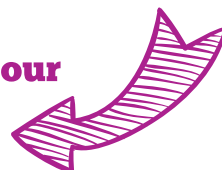
# How a thought becomes something we feel...

**A thought on its own has no meaning, in fact we are not even aware of lots of our thoughts they just come and go!**

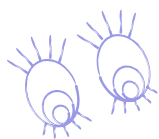


**If you imagine you have your very own thought conveyor belt and it is loaded up with thousands of thoughts each day that pass through, some pass through without us even being aware and some become an experience or feeling.**

**A thought comes into our awareness and works with our senses to create an experience (feeling)**



## OUR SENSES BRING OUR THINKING TO LIFE!



SIGHT



HEARING



TASTE



SMELL

TOUCH



**Before we can hear, smell, taste, or experience ANYTHING we must first have a thought about it!**

# MAKE YOUR OWN GLITTER BOTTLE!



A REALLY COOL WAY TO  
REMEMBER THAT YOUR  
FEELINGS  
ARE TEMPORARY IS TO  
MAKE A GLITTER BOTTLE!

When you shake the bottle the glitter mixes with the water and the clear water becomes hard to see. Then the glitter and water naturally separate as the glitter settles.

The clear water is your true and natural self, the glitter is all of your feelings.

When you feel overwhelmed with any kind of feelings all you have to do is wait for your glitter (feelings) to settle.

And they always do!



## WHAT YOU NEED

Empty plastic bottle  
(with the label removed)

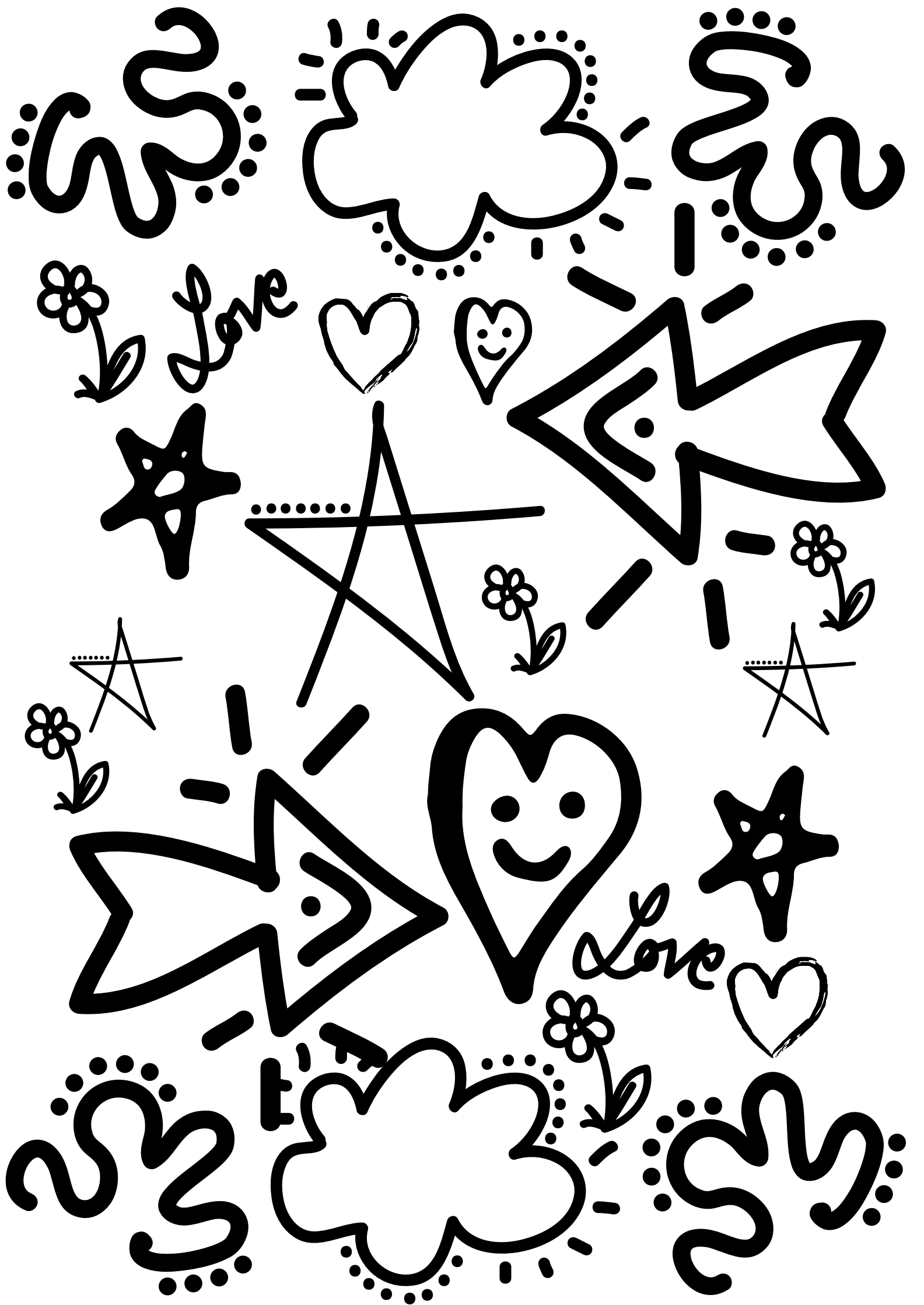
Warm water

Glitter

Glitter glue

- 1 – With the help of your grown up pour some warm water into your plastic bottle.
- 2 – Add to the water the glitter (use more than one colour if you would like!)
- 3 – Squeeze in the glitter glue
- 4 – Seal the bottle top with some sticky tape and shake!





# MY MENTAL HEALTH ROCKS

DO YOU REALISE HOW AMAZING YOU ACTUALLY ARE?

You were born with an amazing mental health that supports you to thrive in life!

WHAT IS MENTAL HEALTH?

'Thrive means to grow and develop well'



Mental Health is your natural resilience.

Mental Health is your superpower!

Mental Health is something we are all born with.

Mental Health is your natural confidence.

Mental Health is something we can always rely upon.

# CREATE YOUR OWN MENTAL HEALTH ROCK



As a reminder of the amazing superpowers your mental health brings you!

## MY AMAZING SUPERPOWERS!



RESILIENCE

CONFIDENCE

CREATIVITY

WISDOM

CALM

STEP ONE -  
ENJOY A WALK ALONG  
THE BEACH OR IN  
THE WOODS WITH YOUR  
GROWN UP AND FIND THE  
PERFECT ROCK!

STEP TWO -  
PAINT A RAINBOW  
ON YOUR ROCK WITH  
EACH COLOUR  
REPRESENTING A  
DIFFERENT PART OF  
YOUR MENTAL HEALTH.



ASK YOUR GROWN UP TO SEND US PICTURES OF  
YOUR ROCK TO  
[LEANNE@KIDSBEINGKINDMAGAZINE.COM](mailto:LEANNE@KIDSBEINGKINDMAGAZINE.COM)

To remind you of just how amazing you are, pop your painted rock somewhere you will see it everyday, you can even carry it in your pocket.

# LETS GET CREATIVE!

**We are going to make a mental health paperchain to celebrate just how amazing you are!**



## STEP 1 -

Colour in the paper chain template from the next page. Be as colourful and creative as you like!

**STEP 2** - With the help of your grown up, carefully cut out each paper chain.

**STEP 3** - Create your first paper chain link by curling the paper into a circular shape and hold in place with some sticky tape!

**STEP 4** - Add each of your paper chain links one by one until they are all attached.

**STEP 5** - Hang your paper chain up to remind you of just how amazing your mental health is.

**Get your family involved and link all of your paper chains together!**

**What you will need:**  
**Paperchain template (see opposite page)**  
**Scissors**  
**Colouring pens / pencils**  
**Sticky tape**



# MENTAL HEALTH PAPERCHAIN

Colour in and cut out each paper chain template (be careful using scissors, make sure your grown up is helping you)

**MY MENTAL HEALTH ROCKS**

**I AM NATURALLY RESILIENT**

**I AM NATURALLY CONFIDENT**

**MY MENTAL HEALTH HELPS ME TO THRIVE**

**I AM NATURALLY WISE**

# TRICKY EMOTIONS!

We can have so many different feelings and emotions each day.

Some emotions we might like to have more than others, but the good news is all emotional experiences pass and are temporary.

For the times when you might feel a little bit overwhelmed by your emotions then you should try this!

Look at the palm of your hand and starting with your thumb work your way through each finger using the prompts below.



Colour me calm...

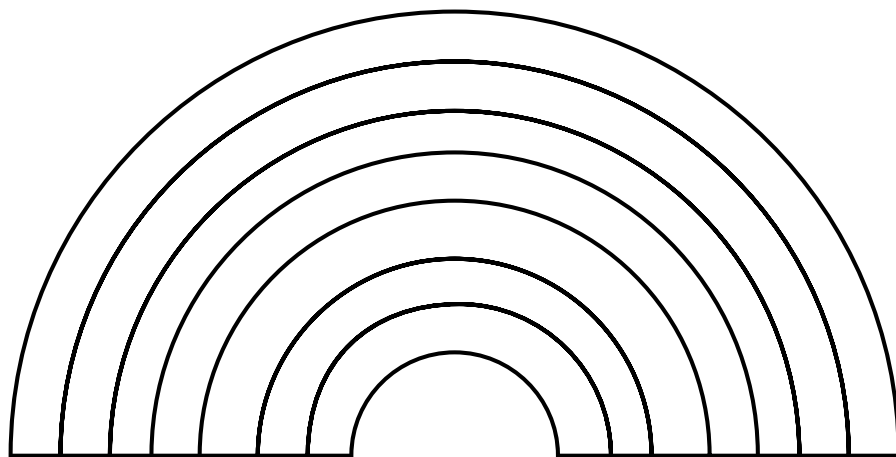


I AM

EVERY

COLOUR

OF THE



RAINBOW



# Mindful Moments

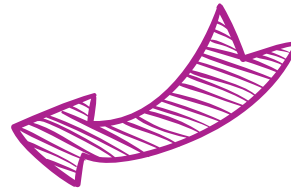


## ★ Create your own calming stone



- small stone with a flat surface
- pens / paints

### What you will need



### Create your calming stone



Go for a lovely walk with your grown up and find the perfect stone. Clean your stone and dry it. Get creative! Paint and colour in your stone.

Let your stone dry.



When you feel a little bit overwhelmed you can get out your calming stone and:

- 1 Feel the temperature of your stone, is it cold or warm?
- 2 How heavy does the stone feel?
- 3 What colour's are in your stone?
- 4 Can you trace the patterns on your stone with your finger?





# What is DIVERSITY

**EACH PERSON IS UNIQUE**

**YOU HAVE YOUR OWN UNIQUE DIFFERENCES**

**EVERY DIFFERENCE IS OK**

**ACCEPT EVERYONE AS THEY ARE**

**OUR DIFFERENCES CREATE 7 MILLION  
DIFFERENT PEOPLE IN THE WORLD!**

I am  
**PROUD**  
to be me!

because I am

**UNIQUE**



**WHAT MAKES ME UNIQUE....?**

**MY NAME**

**MY HAIR COLOUR**

**MY SKIN COLOUR**

**MY LIKES**

**MY DISLIKES**

**MY HABITS**



WHY TRY TO  
FIT IN WHEN  
YOU WERE  
BORN TO STAND OUT!



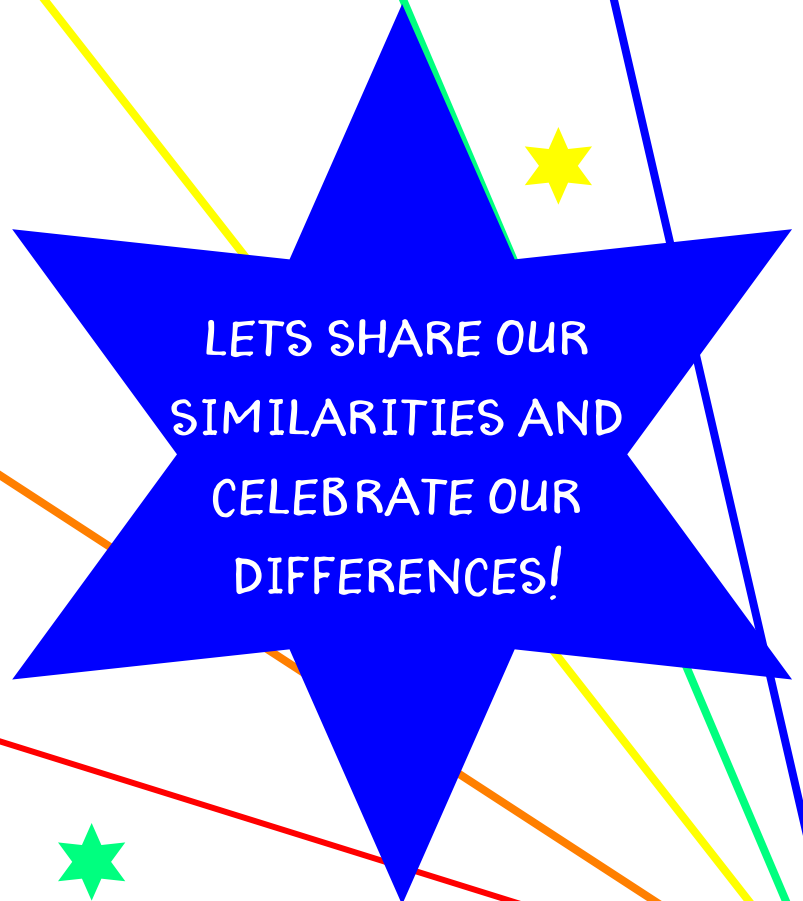
TOGETHER WE CAN  
DO GREAT  
THINGS!



DIVERSITY:  
THINKING  
DIFFERENTLY  
TOGETHER



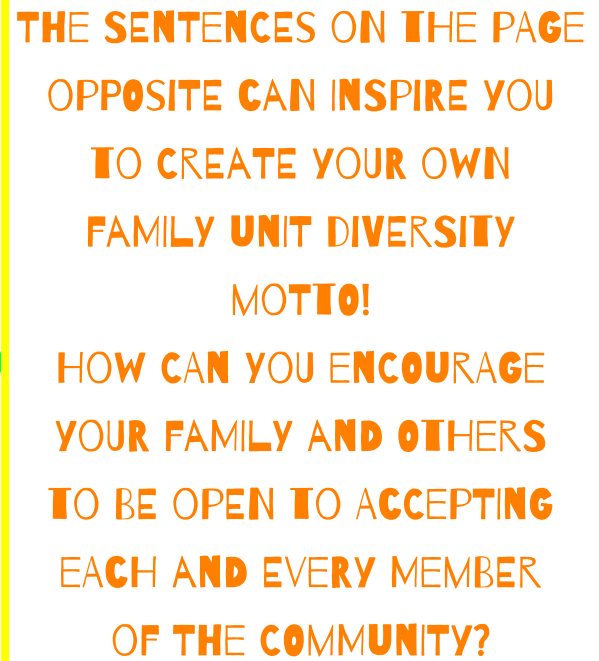
EVERYONE  
MATTERS



LETS SHARE OUR  
SIMILARITIES AND  
CELEBRATE OUR  
DIFFERENCES!



**CREATE YOUR  
FAMILY UNIT'S  
DIVERSITY  
MOTTO!**



**THE SENTENCES ON THE PAGE  
OPPOSITE CAN INSPIRE YOU  
TO CREATE YOUR OWN  
FAMILY UNIT DIVERSITY  
MOTTO!  
HOW CAN YOU ENCOURAGE  
YOUR FAMILY AND OTHERS  
TO BE OPEN TO ACCEPTING  
EACH AND EVERY MEMBER  
OF THE COMMUNITY?**

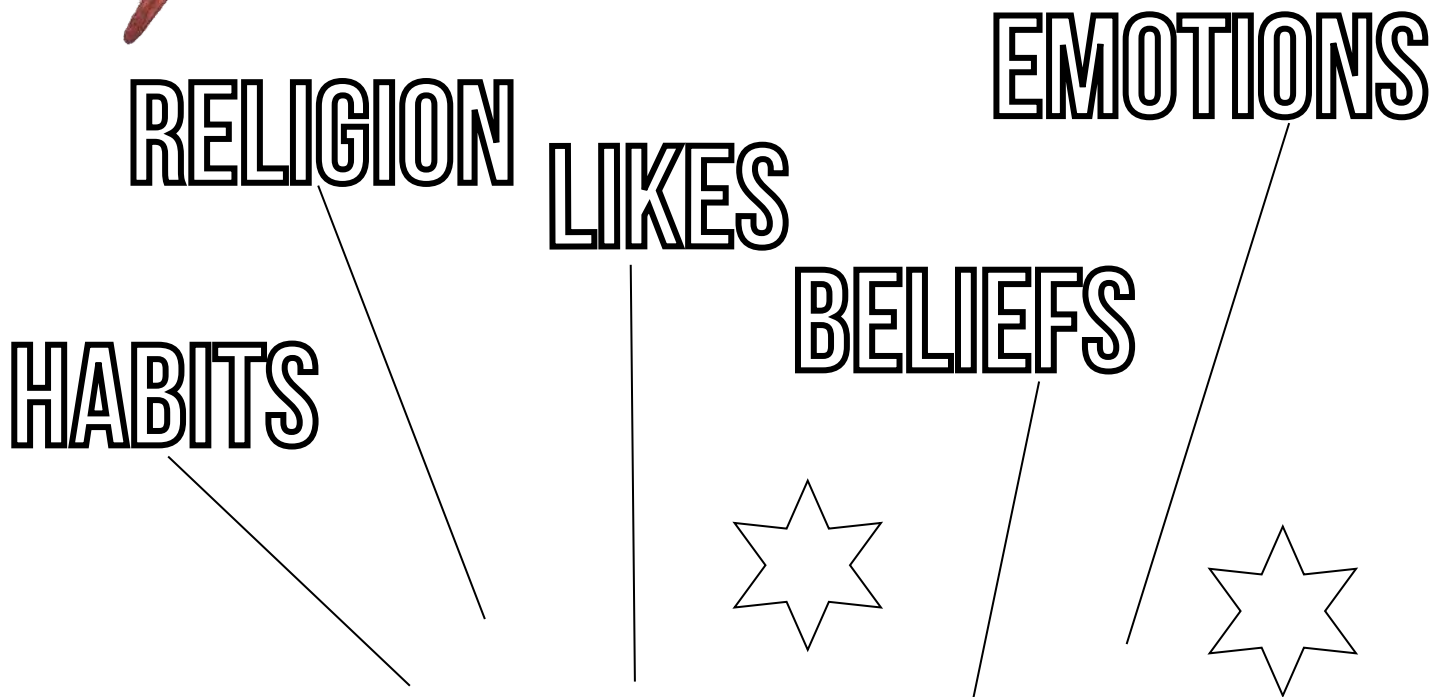


**OUR DIVERSITY MOTTO!**



**LET'S GET CREATIVE WITH COLOUR!**

**ADD ANY OTHER WORDS YOU THINK MAKE US ALL HAVE OUR OWN UNIQUENESS.**



# DIVERSITY



It makes other people feel warm and fuzzy!

It's free!

It brings your community together!

Everyone can do it!

WHY  
IT'S COOL

It's being respectful!

TO BE

KIND

It's good for your health!

It's contagious!

It makes you feel warm and fuzzy!

It's loving!

It helps you to understand people better!

# UNITY in our COMMUNITY

## What is Unity?

'Unity is coming together as ONE'

Unity in our community is:



- Being kind to everyone.

- Understanding we are all different.

- Knowing that being different makes us unique!

- Learning about everyone in your community and what makes them unique.

- Knowing that everyone in your community has different likes and dislikes.



- Helping to keep your community clean and tidy.



- Supporting everyone in your community.

Having lots of differences in your community makes it more interesting!

**Inside we are all the same but outside we all look different!**

**This makes us unique!**

Some ways people can be different to one another -

Hair Colour   Skin Colour   Eye Colour   Religion   Family Set Up

Likes   Dislikes   Strengths   Learning Goals   Hobbies   Emotions

How else are we different to one another that makes us unique individuals?

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# What does your COMMUNITY

look like?

## What is a community?

A community is made up of all of the people in your life.

This might be -

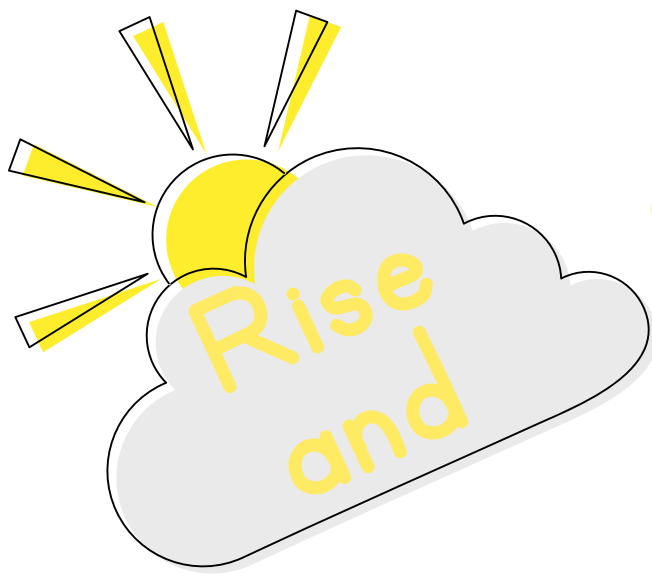
Family, friends, teachers, dinner nanny, lollipop person,  
bus driver, shop keepers, neighbours, postman, doctors,  
dentist, and anyone you see regularly!



Think about all of the people in your community and what they look like and draw a picture of your community below.

A large, empty rectangular box with a thin orange border, intended for the student to draw a picture of their community.





**KIND**



Lets create a little kindness journal...

It is important you are kind to yourself because you are an amazing human being!

*Lets celebrate how amazing you are every single day!*

**Brave**

**Strong**

**Calm**

**Kind**

**YOU ARE:**

**Loving**

**Wise**

**Magical**

Plus lots of other amazing things!

# My Kindness Journal

Each morning write three kind words about yourself in the stars below.

