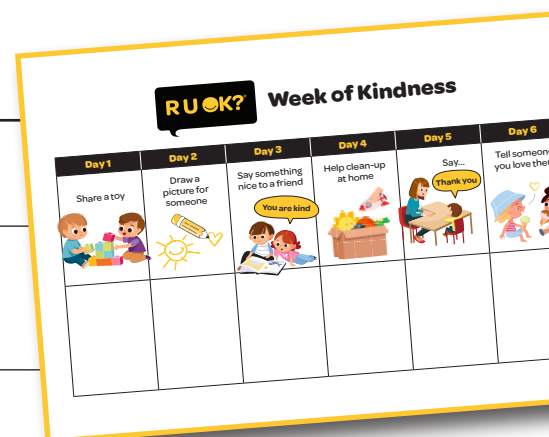


Activity

R U OK? Week of Kindness






Early Education



Duration	Introduction of the activity: 25 minutes Daily check-ins: 15 minutes								
Learning intention	<ul style="list-style-type: none">Children learn different ways they can show kindness to family and friends.Children learn to fulfill these recognised acts of kindness.								
Success criteria	I can: <ul style="list-style-type: none">Say what it means to be kindTalk about different ways I can show kindnessPractice doing kind things.								
Activity focus	This activity focuses on fulfilling acts of kindness throughout the week.								
Resources required	<ul style="list-style-type: none">Calendar of kindness (included below) - ideally printed out so the days can be marked off as a class.								
Curriculum themes	<div>The Early Years Learning Framework (V2.0)</div> <table><thead><tr><th>Principle</th><th>Practices</th><th>Learning Outcomes</th></tr></thead><tbody><tr><td><ul style="list-style-type: none">Secure respectful and reciprocal relationshipsPartnerships.</td><td><ul style="list-style-type: none">Responsiveness to childrenPlay-based learning and intentionalityLearning environments.</td><td><ul style="list-style-type: none">Children have a strong sense of identityChildren have a strong sense of wellbeingChildren are confident and involved learners.</td></tr></tbody></table>			Principle	Practices	Learning Outcomes	<ul style="list-style-type: none">Secure respectful and reciprocal relationshipsPartnerships.	<ul style="list-style-type: none">Responsiveness to childrenPlay-based learning and intentionalityLearning environments.	<ul style="list-style-type: none">Children have a strong sense of identityChildren have a strong sense of wellbeingChildren are confident and involved learners.
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Activity description	<ol style="list-style-type: none">Play a song to bring children in.Start a discussion with the children about being kind. Ask the question, “What are some things you can do that are kind to other people?”Introduce the R U OK? Week of Kindness to the children. Explain that each day you will be focusing on one kind activity, and that it is their goal to complete it.The next day, discuss the previous day’s kind activity, and encourage the children to share how they fulfilled it.Introduce the next kind activity on the calendar, which will be the next focus.								
Differentiation	Supporting strategies: <ul style="list-style-type: none">Use the blank row in the template to add your own kind activities, including suggestions from the children.								
Reflection question	<ul style="list-style-type: none">What was your favourite activity from the week of kindness?How do you feel when someone is kind to you?How do you think your friends and family feel when you do something kind for them?								



Week of Kindness

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<p>Share a toy</p> 	<p>Draw a picture for someone</p> 	<p>Say something nice to a friend</p> <p>You are kind</p> 	<p>Help clean-up at home</p> 	<p>Say... Thank you</p> 	<p>Tell someone you love them</p> 