

MINDFUL ACTION IN THE WORLD

Thank you!

Think of someone you would like to thank for something. It could be a person you know, a person who is famous, or it could even be your pet or an imaginary friend. It could be something they have done for you or for someone else. It might be for doing some amazing things in your local community or for the environment.

Write down the reasons you are thankful to that person. You might choose to make a card for them and if you can, you could give them the card. If not, you could put the card in your room or stick it on your wall. If you get the chance you may be able to just tell the person why you are thankful to them or you could just say it inside your head.

“Thank you, Merci, Gracias!”

You may need to use books, the internet or the help of an adult for this activity. Imagine you would like to say thank you to lots of people from all around the world. Try and find as many words for ‘Thank You’ in different languages and write them or draw them on a poster using different colours, writing styles, printed or hand written letters etc. Be as creative with the words as you can. If you have other children in your school from any of the countries on your poster you can now say thank you to them in their own language!



Kindness Counts!

Write down or draw all the acts of kindness that you do or that all others do for you. Count how many things you have written or drawn. See if you can add to these each day. Don't forget to be kind to others as it helps them to feel good and you to feel good too! Share the Kindness.

Environmental Kindness

Imagine that you are going to be leading a group doing an act of kindness for the earth or the environment. What part of the world, or the environment, could your act of kindness focus on? Describe or draw your plan for environmental kindness. You may like to share your ideas with friends or the people you live with and see if there are ways you can do environmental acts of kindness where you live too.

