

## Kindness Lesson: RE Year 7

\*The numbers along the left column correspond to the slide numbers\*

1) Introduction to the topic	Staff/volunteers to introduce themselves	
2) Question: When you hear the word Kindness, what comes to mind?	Open Discussion	Probably an action, right? Doing something nice for someone else? (Open discussion).
3) Kindness Quotes from Internet (refer to PowerPoint)	Upfront Teaching using visuals	This is what we found on the internet, these quotes can mean different things to everyone, but the most reoccurring theme between all of these is kindness can make someone's day and can have a real impact on their life!
4) Video - How easy is it to make someone's day?	Video	<p>Something that is quite well known is random acts of kindness has anyone heard of that before? The way it works is strangers do something kind to another stranger, for example – someone might choose to pay for their coffee in a shop or buy them lunch! Just as a way of showing kindness. We've got a little video of this, watch closely to how people react:</p> <p>Show video – How easy is it to make someone's day. This YouTuber you may well be familiar with filmed some random acts of kindness he did and watch how people reacted. Make the point of when he said they'd finished for the day, on his way home he saw some people in need and he chose to go out of his way to help them - that's a very Christian way of looking at kindness! Even if he's not a Christian, it's a way of helping those who are in need not about setting a day for it or a simple tick box exercise, it's a lifestyle!</p>

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5) Question: What words would you use to describe the way people reacted when they had these acts of kindness?  (Relating to previous video)	Group Discussion	
6) When is it easy/hard to be kind?	Group Discussion	Draw up table on the board & ask students to feedback their answers, can be real life scenarios e.g. at lunchtime on the school field etc.

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7) Video - The Good Samaritan	Visual	<p>There's a story in the Bible which some of you might already be familiar with. The story shows us that it can be easy or difficult to show kindness, so Jesus tells this story of exactly that – and if you don't know this story, expect the unexpected! It's called 'The Good Samaritan'. For a bit of context, Jesus was a Jew and he talks about how Jewish people hated Samaritans.</p> <p>This video is a modern version of the story so it's a little bit easier for us to understand! PLAY VIDEO</p>
Activity (related to activity above)	Activity	<p>Create a comic strip (split page into 6-8 boxes) and explain/modernise the Good Samaritan Story in some way, be creative!</p>

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8) Summary of Story	Upfront Teaching	<p>For Christians, the Bible tells us that we should treat others how we would like to be treated, and to love your neighbour which basically means to show kindness to them and letting them know you care, even if it is difficult!</p> <p>Christians believe that God has made us in his image. This basically means that he wants us to be like him, we know that God is so incredibly kind and loving towards everyone, even if they have done bad things, so this inspires as Christians to go out and be kind to other people, whether they're family, friend's strangers or enemies.</p> <p>The term that we find in the bible is saying 'love your neighbour'. It's not just the people you live next door to, it's anyone you come across, so even something as simple as a smile or a high five could make someone's day. It doesn't always have to be about money, it's the simple act of helping someone out and showing you care.</p> <p>(Link back to discussion on when it's hard to be kind)</p>
9) Practical ways to be kind	Questions/Activity	<p>Ask people around you what practical things people have done to be kind - no matter how big or small! OR</p> <p>Spend some time looking up the charity Compassion, it's a global charity that help children in poverty. Realising the amazing things people in charity work do!</p>
10) Kindness Hands	Individual Activity	<p>Have some coloured card, what we'd like you to do is draw round your own hand, and on it write an act of kindness that you can do – either to a family member, a friend, a teacher or a stranger!</p> <p>You never know how much of an impact that one act of kindness could make. Write the name of that person and what you'll do. Take that home with you as a reminder to do something kind to someone. Then the hope would be that one person would then go and do another act of kindness for someone else!</p> <p>Make it look pretty!</p>

11) Starfish Story	Individual or Group	<p>Read out the following 'Starfish Story' to end the lesson:</p> <p><i>A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.</i></p> <p><i>She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"</i></p> <p><i>The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, "Well, I made a difference to that one!"</i></p> <p><i>The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.</i></p>
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