What do kindness and coping mean?



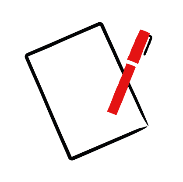
**Group size**

Any size group



**Suggested timing**

20-30 minutes



**Method**

Creative writing

**What you need**



**Pen and paper**

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**PowerPoint**

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[Film](https://vimeo.com/370312849/4b73263aa0)

Learning objectives

* Learn about kindness and helping others
* Learn how to care for yourself and others

## Overview

Discuss the meanings of kindness and coping and write an acrostic poem.

## Preparation

Ensure pens and paper are available, and that you can show the PowerPoint and film.

## How to run the activity

## Mind-map the meanings of kindness and coping, revealing the definitions and the questions to discuss as a group in the PowerPoint.

* **Kindness means:** thinking about others and their feelings, and being generous and helpful.
* **Coping means:** when something difficult happens, I can make the best of things.

1. Now work though the multiple-choice questions on the PowerPoint:

Does coping mean

1. Dealing well with a difficult situation
2. Not knowing what to do
3. Not helping

The correct answer is a.

Coping well with a difficult situation means

1. Running around and shouting
2. Breathing deeply and doing what you can to help
3. Leaving quickly

The correct answer is b.

1. Ask children:

* Can you think of things that might help you to cope in a difficult situation?
* Can you think of an example when you or someone else did something kind?
* Do you think kindness can help people to cope with difficult situations? Is it important in first aid?

Play Georgia’s [being kind film](https://vimeo.com/370312849/4b73263aa0)

* Discuss the question in the film – what could you do to be kind to others?

## Ask learners to think again about the words ‘kindness’ and ‘coping’. Explain that they are going to write an acrostic poem where the word is written down the left-hand side of the page, with each line beginning with the letter on that line relating to the meaning of the main word. Give children time to write an acrostic poem using a word of their choice inspired by the activity.

## Below is an example using word ‘Red Cross’ in an acrostic poem with each letter starting a line down one side of the page. You can show in the PowerPoint if you choose:

## **R**ed Cross helps those in need

## **E**very day, lives are saved and minds are changed

## **D**aily, we think about being kind and helping others

## **C**an you think of how you could help?

## **R**ed Cross needs volunteers who can help others

## **O**ne kind act can make all the difference

## **S**hare your kindness with people around you

## **S**o that you too can help others.

* Learners can write these poems up as a poster and decorate them to display to help others learn.

## Summing up

Invite learners to share their poems and what they have learned with a partner or the whole group.