

One of the most important factors in helping children feel emotionally safe in the transition back to school after lockdown is feeling connected to others.

One way to help build connectedness with others is to incorporate **random acts of kindness** activities into the school day.

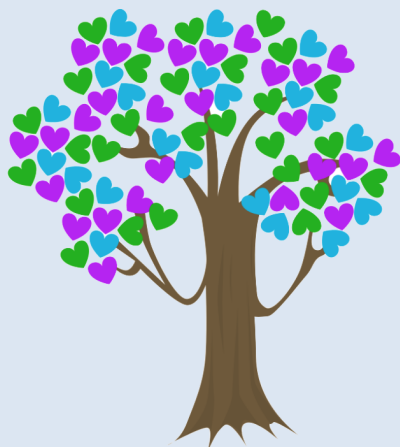
Random acts of kindness can include:

A class/group activity where the students discuss and plan how they can do a random act of kindness for someone else a) in school, b) at home and c) in the community

A 'buddy' scheme where each person is secretly assigned another student/staff member and has to do covert acts of kindness for them during the day

Having students reflect on acts of kindness that they have witnessed during lockdown, e.g. clapping for carers, people shopping for vulnerable neighbours

Students looking out for random acts of kindness that they observe during the school week—and designing small 'thank you' rewards for the people who have done them!



Students thinking about who they have been most grateful to during lockdown and doing something kind for them (e.g. thank you card, design a small gift)

Students coming up with truly random acts of kindness for people who would not expect someone to think of them—who do they think are the real unsung heroes of the COVID-19 outbreak?