



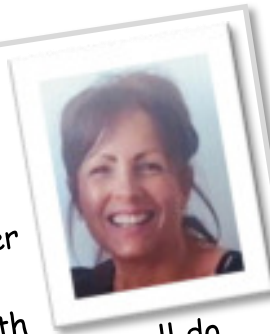
Hello everyone!

Hope you are all well and keeping safe during these challenging times.

My name is Donna, I'm an Early Years Practitioner and I facilitate our Stay & Play sessions.

I thought it would be a nice to keep in touch with you all by sharing some very simple activities you can all do together at home.

Hope you enjoy learning our Kindness Poem



The Kindness Poem

CHOOSE
Kindness



What is my child learning from the Kindness Poem?

What is Empathy?

Empathy is the ability to imagine how someone else is feeling in a particular situation and respond with care. This is a very complex skill to develop. Being able to empathize with another person means that a child:

Understands that they are an individual, and a separate person to others.

Understands that others can have different thoughts and feelings to them.

Recognizes the most common feelings such as happiness, surprise, anger or fear.

Able to look at situation, imagine how they might feel and help someone feel better.

Why is it important for children to learn empathy?

- Helps them to build a sense of security, stronger relationships with other children and adults positioning them well for learning.
- Encourages tolerance and acceptance of others.
- Promotes good mental health.
- Helps promote kindness, compassion and mindfulness.
- Helps children to understand how others may be feeling.
- Helps children to become a positive respectful member of their community and society.

At what age to children start to show empathy?

Studies show that children start to show genuine empathy around 2 years of age.

Understanding how other people feel even when they don't feel the same way themselves, feeling another person's pain, and actually trying to soothe it.

It feels good to be kind.

Intuitively, we know kindness makes our communities stronger and nicer places to live in, it also better prepares our children for a meaningful life, helps reduce stress, and heightens emotional bonding. We need to make kindness an essential part of family life and help our children to understand why empathy and kindness are important.

LEARN OUR KINDNESS POEM OVERLEAF

The Kindness Poem

How to spread Kindness
Standing or sitting together,
Put your hands together like this:



Touching your forehead say
Touching your mouth say
Touching your heart say
Touch your hands say

"kind thoughts"
"kind words"
"kind heart"
"kind hands"

