

Week 2, Stop and Think (Session One)



If you do something kind, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 2, Stop and Think (Session Two)



Try to do something kind which no one knows about except you. How did you feel?

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session One)



If someone is kind to you, notice how you feel.

Pure kindness – feels good, doesn't it?



Week 3, Stop and Think (Session Two)



**Try a ping-pong conversation.
How did you feel?**

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session One)



If you notice someone saying something harmful to another, how do you think they felt?

Pure kindness – feels good, doesn't it?



Week 4, Stop and Think (Session Two)



Notice if you are tempted to say something harmful. How did you avoid it?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session One)



Try to do something helpful at home that you don't usually do. How did it feel?

Pure kindness – feels good, doesn't it?



Week 5, Stop and Think (Session Two)



Think of a group that you don't belong to and think of a good reason why you might join it.

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session One)



Try to show respect to someone in your family through actions or words. Did they notice?

Pure kindness – feels good, doesn't it?



Week 6, Stop and Think (Session Two)



Think about how you treat property belonging to other people compared to your own. What do you notice?

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session One)



If someone showed you respect, how did you know? How did it feel?

Pure kindness – feels good, doesn't it?



Week 7, Stop and Think (Session Two)



Can you think of someone outside of your school and family who you respect? Why do you respect them?

Pure kindness – feels good, doesn't it?

