

BEING KIND

START BY WATCHING THE YOUTUBE VIDEO CLIP

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=LUMpZwLNIMk&ab_channel=TheTelegraph](https://www.youtube.com/watch?v=LUMpZwLNIMk&ab_channel=TheTelegraph)

THIS WEEK IS ANTI BULLYING WEEK. IN THE VIDEO CLIP A HEART IS SHARED TO MAKE PEOPLE HAPPY.

CAN YOU MAKE SOMETHING TO GIVE TO SOMEONE TO MAKE THEM HAPPY? THIS COULD BE FOR SOMEONE IN YOUR FAMILY OR FOR SOMEONE AT SCHOOL.

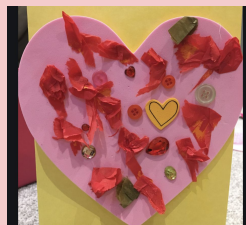
HERE ARE SOME IDEAS OF THINGS YOU CAN DO OR MAKE.

CHOOSE ONE THING TO DO EACH DAY.

1. MAKE A FRIENDSHIP BRACELET - YOU CAN DO THIS IN DIFFERENT WAYS. YOU CAN USE DIFFERENT TYPES OF PASTA AND THREAD THEM ONTO STRING. YOU CAN USE DIFFERENT COLOURED STRING OR WOOL AND TWIST IT OR KNOT IT TOGETHER. IF YOU HAVE ANY BEADS, THREAD THEM USING WOOL OR STRING. IF YOU DON'T HAVE BEADS YOU CAN MAKE THEM (CUT STRIPS OF PAPER 2-3CM WIDE, COLOUR THEM WITH PENS OR PENCILS, TAKE ONE STRIP AND WRAP IT AROUND A PENCIL. GLUE OR TAPE THE END DOWN TO CREATE YOUR BEAD) OR YOU COULD MAKE A STRAW BEAD BRACELET.



2. MAKE A HEART - GET A PAPER PLATE AND CUT IT INTO A HEART SHAPE. YOU CAN ASK YOUR GROWNUP TO HELP YOU BY DRAWING THE OUTLINE. YOU CAN DECORATE YOUR HEART WITH ANYTHING YOU HAVE AROUND YOUR HOME. CUT UP STRIPS OF PAPER, PAINT, COLOUR PENS/PENCILS, STICKERS. ANOTHER IDEA IS MAKE A HEART SHAPE OUTSIDE AND TAKE A PHOTO.



WHO WILL YOU GIVE YOUR GIFT TO? WATCH THEIR FACE TO SEE HOW HAPPY YOU HAVE MADE THEM :)