5 WAYS TO WELLBEING KINDNESS CARDS

SAMH
Scottish Action for Mental Health

The Daily Mile™
children fit for life

SHARE THESE WITH YOUR FRIENDS AND OTHERS IN YOUR CLASS. THERE ARE SOME BLANK ONES FOR YOU TO FILL IN TOO.



CONNECT

BE ACTIVE

TAKE NOTICE

LEARN

GIVE

CONNECT

You make me feel

happy

CONNECT

You make me feel

CONNECT

I think you

shine like the sun

CONNECT

I think you

LEARN

I think you are

clever

.....

LEARN

I think you are

.....

LEARN

I think you are

a good listener

.....

LEARN

I think you are

.....

TAKE NOTICE

I like when you

smile



TAKE NOTICE

I like when you



TAKE NOTICE

I think you are a

good friend



TAKE NOTICE

I think you are a



BE ACTIVE

I think you are

good at sport

.....

BE ACTIVE

I think you are

.....

BE ACTIVE

I think you are

fun to play with

.....

BE ACTIVE

I think you are

.....

GIVE

I like that you

share



GIVE

I like that you



GIVE

I think you are

kind to others



GIVE

I think you are



Tier 1 – Kindness Cards

Outcomes:



Curriculum for Excellence: Health and Wellbeing



The national curriculum in England: PSHE



Area of learning and experience: Health and Wellbeing



Personal Develpoment and Mutual understanding

Equipment:
Kindness Cards

Time needed:
1 – 2 minutes

Participants:
All ages

How to:

1. As the children go out for the Daily Mile, they choose a Kindness Card and take it with them.

2. Ask them to look at the picture/read the words and choose someone to give the card to when doing their Daily Mile.

3. If that person already has a card, ask them to find someone else that does not.

4. Once back in to the classroom, ask them to replace the cards in the box and note down what card they were given.

Teacher Tips:

Suggested conversation starters and finishers:

Introduce the activity by saying:
"Today we're going to say kind things to each other. This can make others feel happy, and it can make us feel happy too!" (if older children, you could add 'which can help support our mental wellbeing').

Close the activity by saying:
"Think about how the person looked when you gave them your card — maybe they smiled, and that made you both feel happy. It feels good to say something kind or help someone. We can do that for others and for ourselves too!"

Other ways to use this activity:

a. **1-2-1 setting:** give a card to the child either at the start or end of their session for positivity and confidence

b. **Longer group activity:** ask the children to make a chart for themselves or the class to keep track of the cards they have given and received. They can also talk about how it made them feel to both give and receive.

c. **Take home activity:** give the children blank card to make a Giving Card. They can take it home for a parent, carer, or sibling, or make one at home and bring it back to school to put in the box.