

Be Kind! Mindful Kids Global Citizen



An activity book for young people who care about others.

- An extension to the popular *Mindful Kids* series which includes *Hello Happy*, *No Worries*, *Stay Strong* and *Be Brave*.
- Illustrated by Katie Abey.
- Taps into trend of global citizenship, helping kind and caring kids to become more aware of their place on planet Earth.
- Includes an introduction and notes for grown-ups so parents and carers can support children as they work through the book.

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BEHAVIOUR BOTHER

When someone says or does something unkind, it can make you feel sad, bad or angry. Being unkind to someone can make you feel negative emotions too. You may also feel guilty for your actions.

YOU ARE REALLY RUBBISH AT RUNNING!
I wish I could run as fast as you.

ONLY BABIES AREN'T ALLOWED TO PLAY OUT IN THE PARK AFTER SCHOOL.

YOU HAVE NO FRIENDS!
I'm not sure if people really like me.

HE'S WORRIED THAT ELISA MIGHT PICK ON ME NEXT!
I wish I didn't have to play out, but I don't really want to go home because Mum and Dad aren't getting on.

ELISA SAYS NO ONE SHOULD TALK TO YOU BECAUSE YOU'RE SNEAKY.

It is important to understand that you are not a bad person just because you have said or done something negative. The important thing is to apologise and to do things differently next time.

Look at the people below. Draw a line between the matching thought and speech bubble.

It can be difficult but useful to think about your own mistakes. Write down some of the unkind things you have said or done in the past on the label tape. Think about how the other person felt, any consequences of your unkindness and what you have learned since.

WHAT CAN WE LEARN ABOUT OURSELVES?
Being unkind is often a reaction to anger rather than malice. It's important not to take unkindness personally, but not do you have to tolerate it. Take some time to look at yourself, and think about when and why you've been unkind.

SMILING IS CONTAGIOUS

A heartfelt smile is the first step on the road to kindness. Smiling is a simple way to lighten anyone's day. It is also contagious. The more you smile, the more you'll make others smile.

Draw a smile on each face once you've given each of these practical activities a try.

Smile when you walk into a shop.

Smile at your teacher.

Smile at the person who answers your post.

Smile at someone who is not in your school year.

Smile at a neighbour.

Smile while you talk on the phone, even though they can't see you.

STUCK FOR SMILES?
On a separate piece of paper, write down three silly things that have happened this week and share the funny stories with anyone who needs a giggle.

#CHOOSE KIND

With online bullying and social media issues often in the spotlight, it's easy to forget that technology can also be a force for good. Sending an email or a text message is a super-fast way to spread some joy.

Think about the people in your life and then write some short but positive messages on these screens.

WORD TO THE WISE!
Check with a trusted adult before sending text or online messages.

ONE WORLD

How much do you know about our world?

Start by finding the part of the world you live in, then complete the statements opposite about other places you know about or have visited. Spend some time thinking about areas of the world you're less familiar with.

DID YOU KNOW?
You're one of the 7.6 billion people in the world who make up the global community.

DID YOU KNOW?
We live on 7 continents and in 195 different countries!

DID YOU KNOW?
ADD THE COUNTRY NAME AND COLOUR IN THE AREAS OF THE MAP FOR EACH POINT BELOW:

I have visited _____

I have been on holiday to _____

I have friends in _____

I have family in _____

I would most like to travel to _____

I know a cool fact about the people in _____

I would love to know more about _____

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