

# KIDS BEING KIND



Kind to themselves, kind to others, kind to the planet



## EVERYONE MATTERS

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# WELCOME TO ISSUE EIGHT



Hey Everyone,

In this issue we will get curious  
about the differences in one  
another!

You will see how amazing and  
unique you are!  
(and how amazing and unique  
everyone around you are too!)

Enjoy the issue!

*Leanne x*

In this issue we will  
be talking about  
DIVERSITY



WE WOULD LOVE YOU TO SHARE THE DIFFERENT ACTIVITIES WITHIN THIS  
ISSUE WITH US, ASK YOUR GROWN UP TO EMAIL PICTURES AND PHOTOS TO

LEANNE@KIDSBEINGKINDMAGAZINE.COM

[www.kidsbeingkindmagazine.com](http://www.kidsbeingkindmagazine.com)

# Mindful Moments

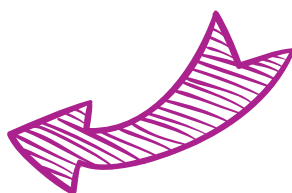


## ★ Create your own calming stone



- small stone with a flat surface
- pens / paints

### What you will need



Go for a lovely walk with your grown up and find the perfect stone. Clean your stone and dry it. Get creative! Paint and colour in your stone.

Let your stone dry.



### Create your calming stone



When you feel a little bit overwhelmed you can get out your calming stone and:

- 1 Feel the temperature of your stone, is it cold or warm?
- 2 How heavy does the stone feel?
- 3 What colour's are in your stone?
- 4 Can you trace the patterns on your stone with your finger?



# What is DIVERSITY

**EACH PERSON IS UNIQUE**

**YOU HAVE YOUR OWN UNIQUE DIFFERENCES**

**EVERY DIFFERENCE IS OK**

**ACCEPT EVERYONE AS THEY ARE**

**OUR DIFFERENCES CREATE 7 MILLION  
DIFFERENT PEOPLE IN THE WORLD!**

I am  
**PROUD**  
to be me!

because I am

**UNIQUE**



**WHAT MAKES ME UNIQUE....?**

**MY NAME**

**MY HAIR COLOUR**

**MY SKIN COLOUR**

**MY LIKES**

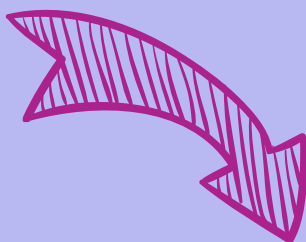
**MY DISLIKES**

**MY HABITS**

# WAYS THAT WE CAN ALL BE DIFFERENT....

(AND THERE ARE LOTS!)

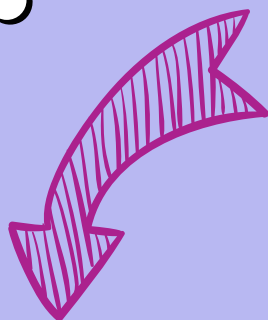
**SKIN  
COLOUR**



'Football  
is my  
favourite'



'I live with my  
mum and my  
brother'



**RELIGION**

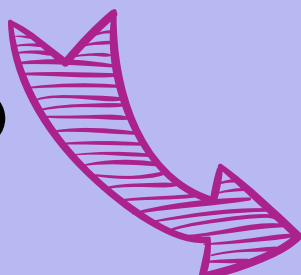


'I go to church  
every Sunday'

**EYE  
COLOUR**



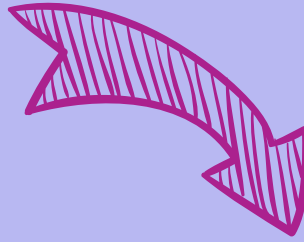
'My hair colour  
is black'



**FAMILY  
SET UP**

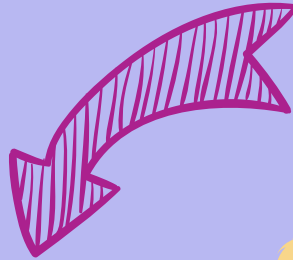
**EMOTIONS**

'I am  
French'



**NATIONALITY**

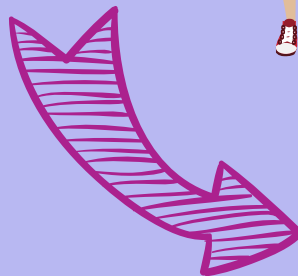
'I like  
ice cream'



**LIKES AND  
DISLIKES**

**HABITS**

'I feel  
happy'



**TAKE A FEW MOMENTS TO THINK ABOUT THE PEOPLE IN YOUR LIFE. THINK ABOUT WAYS THAT YOU ARE ALL DIFFERENT AND UNIQUE. WHAT DO YOU LIKE / DISLIKE THAT IS DIFFERENT TO YOUR FRIENDS AND FAMILY?**

WHY TRY TO  
FIT IN WHEN  
YOU WERE  
BORN TO STAND OUT!

TOGETHER WE CAN  
DO GREAT  
THINGS!

DIVERSITY:  
THINKING  
DIFFERENTLY  
TOGETHER

EVERYONE  
MATTERS

LETS SHARE OUR  
SIMILARITIES AND  
CELEBRATE OUR  
DIFFERENCES!





**CREATE YOUR  
FAMILY UNIT'S  
DIVERSITY  
MOTTO!**

**THE SENTENCES ON THE PAGE  
OPPOSITE CAN INSPIRE YOU  
TO CREATE YOUR OWN  
FAMILY UNIT DIVERSITY  
MOTTO!  
HOW CAN YOU ENCOURAGE  
YOUR FAMILY AND OTHERS  
TO BE OPEN TO ACCEPTING  
EACH AND EVERY MEMBER  
OF THE COMMUNITY?**

**OUR DIVERSITY MOTTO!**

# 'TOGETHER WE MAKE A FAMILY'

THERE ARE LOTS OF WAYS WE CAN BE A FAMILY UNIT

We all have our own unique family unit!

There are no right or wrong family units, all family units are ok!

A family unit is a group of people who you see regularly and who supports you.

Below are all of the different types of people who might be in your family unit:

**MUM**

**GRANDMA**

**BROTHER**

**CARER**

**AUNTIE**

**STEPMUM**

**STEPPAD**

**UNCLE**

**GRANDAD**

**STEP BROTHER**

**DAD**

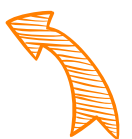
**FRIEND**

**FOSTER MUM**

**STEP SISTER**

**SISTER**

**FOSTER DAD**



**CIRCLE ALL OF THE PEOPLE WHO MAKE YOUR UNIQUE FAMILY UNIT.**

Did we miss anyone out? Who else makes up your family unit?

# Decorate your Christmas tree with **GRATITUDE**

On each of the baubles hanging from the tree write something that you are thankful for.



# Kindness at CHRISTMAS

Christmas is a wonderful time of year to show kindness!  
There are lots of ways you can show kindness this Christmas, see some of our ideas below.



## OPERATION CHRISTMAS CHILD

This fantastic scheme is run by The Samaritans and they deliver a gift to children all around the world who might not have many toys and treats this Christmas. You can join in and support the scheme by packing lots of toys and treats into a show box and dropping it off at one of their drop off locations.  
<https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child/>

## DONATE YOUR OLD TOYS

You can donate your old toys to a local charity. A charity will give your toys to families who may not be able to offer their children lots of things to play with.



## WISH PEOPLE IN YOUR COMMUNITY A MERRY CHRISTMAS



Spread some Christmas spirit by smiling and wishing your neighbours a merry Christmas!

## DONATE TO A FOOD BANK

Pop to the supermarket with your grown up and choose some lovely food to donate to a food bank. A food bank is a service that gives food to people who are in need.





# My Kindness at **CHRISTMAS** action plan

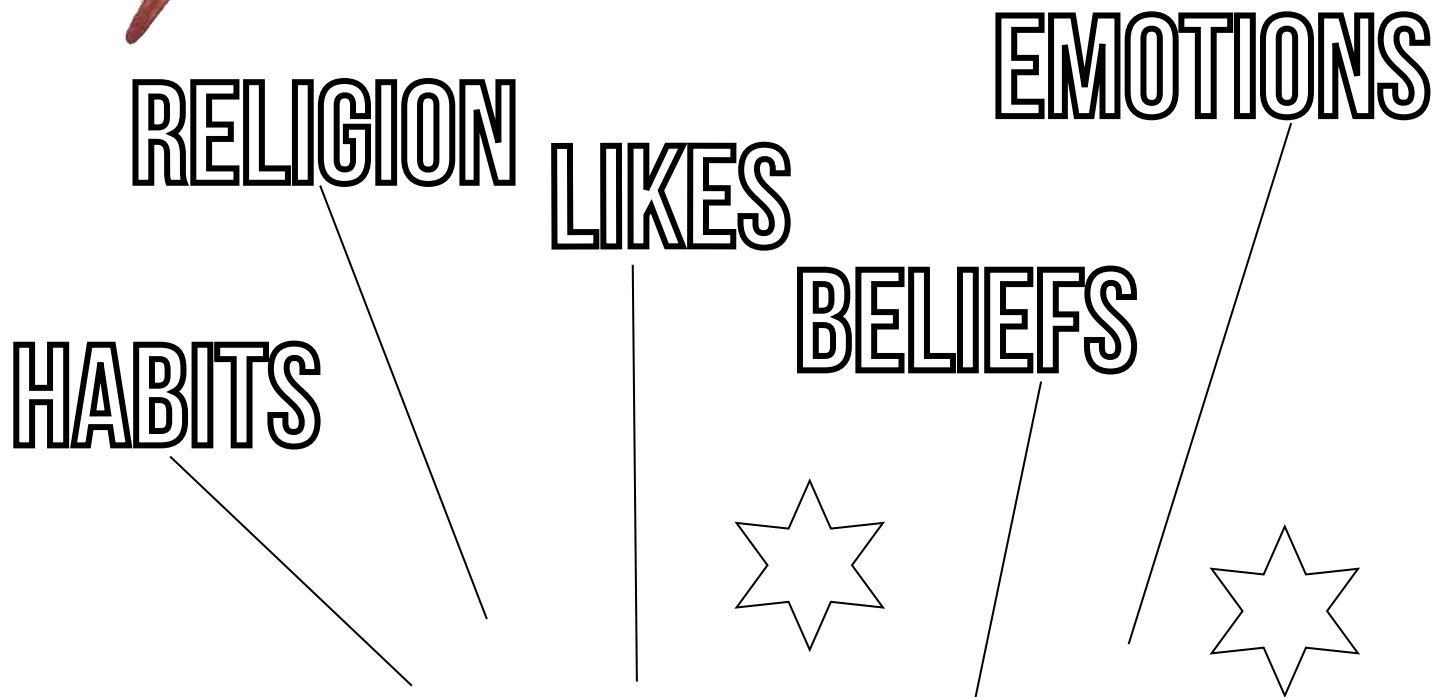
**CHAT WITH YOUR FAMILY AND DECIDE ON FOUR CHRISTMAS ACTS OF KINDNESS THAT YOU WILL COMPLETE AS A FAMILY UNIT!**





LET'S GET CREATIVE WITH COLOUR!

ADD ANY OTHER WORDS YOU THINK MAKE US ALL HAVE OUR OWN UNIQUENESS.



DIVERSITY



# SINGING BRINGS SUCH JOY!

A LOVELY LADY CALLED CAROL HAS CREATED THE MOST EXCELLENT AND UPLIFTING SONG WE CAN SING WHEN WE JUST NEED A REMINDER OF HOW AMAZING WE ARE!

ASK YOUR GROWN UP TO CLICK THE LINK BELOW ON YOU TUBE SO YOU CAN JOIN IN WITH AN UPLIFTING SING A LONG!

<https://www.youtube.com/watch?v=Y63hSP4igkl>



GOT SO MUCH WORK TO DO, I'VE FALLEN OUT WITH FRIENDS  
GET TOLD OFF ALL THE TIME IT NEVER SEEMS TO END  
FIGHT WITH MY BROTHER AND THE TEACHER THINKS I'M LAME  
I MISSED MY BREAK TIME CAUSE I CALLED SOMEONE A NAME



GOT HOME FROM SCHOOL TODAY MY HEAD WAS IN A MESS  
THEN I REMEMBERED THAT MY TEACHER CALLED IT STRESS  
AND EVERY OTHER DAY IT USED TO MAKE ME MAD  
BUT FOR SOME REASON IT JUST DIDN'T FEEL SO BAD



MY MENTAL HEALTH ROCKS  
AND NOW I'M ROLLING WITH THE PUNCHES EVERY DAY  
AND NOW I UNDERSTAND I CAN FINALLY SAY  
MY MENTAL HEALTH ROCKS  
BECAUSE NOW I REALLY KNOW WHAT'S GOING ON I'M FEELING GOOD INSIDE,  
AND I DON'T HAVE TO HIDE, IT'S GONNA BE ALRIGHT  
MY MENTAL HEALTH ROCKS!



I'M FEELING WORRIED AND I COULDN'T TELL YOU WHY  
WHEN I'M WITH PEOPLE IT CAN MAKE ME WANT TO CRY  
WHEN I GET ANGRY I JUST WANT TO SLAM THE DOOR  
WHEN I GET SAD IT DOESN'T FEEL GOOD ANY MORE



THEN I REMEMBER THAT'S HOW EVERYBODY FEELS  
I AM QUITE NORMAL AND MY FEELINGS ARE QUITE REAL  
I MIGHT BE HAPPY AND ANOTHER DAY BE SAD  
BUT FOR SOME REASON IT JUST DOESN'T FEEL SO BAD



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