



Kindness Poem

Kindness breaks down barriers
With words, a smile, a touch
It links us all together
In a way that says so much
It shows concern for neighbours
For communities and friends
To be there for each other
Is the message kindness sends
Reaching out in friendship
Taking time to show you care
Being the anchor in their stormy lives
When they're drowning in despair
Kindness is essential
It's resilient and tough
A global glue to bind us all
With gentleness and love

Written by Yvonne Ugarte, Carer

Thank you for sharing all your wonderful insights into the importance of Kindness!

- Check out the 'SEND mental health' blog with your family to hear more about what you said.*
- There were so many great pieces that will be on display in school soon so look out for them.*
- There we're two winners who wrote some beautiful poetry about kindness*
- Lot's of you shared some great thoughts on being kind...*



Kindness is ...

Including others and making sure everyone has a friend

Sharing and spreading kindness by being a good role model

Being kind makes others happy as well as yourself

Being kind is about being helpful, peaceful, thoughtful and caring

It's not just about what you say, its what you do

Loving and caring is what it's all about





Kindness at Fairlands

- *Winners of the Kindness is competition...*

*Aylin
Adrianna*

Kindness is the key by Adrianna

Breathe in, breathe out

Take a minute and look around

Sometimes we need to share some kindness

Friends is what its all about, about, about



Forgiveness is the key, to find a resolution

We all have a part to play to ensure our friends are happy

We need to work together to help our friends feel at one

We can all spread some kindness, because kindness is fun!

Kindness by Aylin

It's called K.I.N.D.N.E.S.S!

I give it to you and you give it to me,
It's called kindness.

K.I.N.D.N.E.S.S!

Words can hurt as strong as a fist so use them gently like a flick of the wrist.

On the run, eat lunch, then break time where it's best to play, no stress.

You must respect your teachers, give them kindness, listen, learn and raise your hand politely!

Spread kindness everywhere you turn, it's called Kindness!

K.I.N.D.N.E.S.S

Be kind to each other, don't make your classmates feel low!

Lift them up and let them grow up

It's called kindness!

