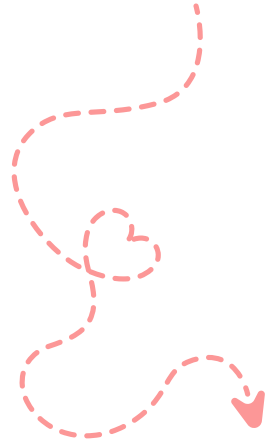
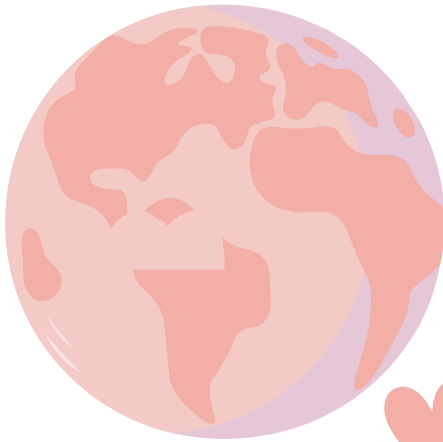




WORLD KINDESS DAY

Print.Cut.Colour.Play



Welcome!



My Feelings and Me

Created to help little people express
BIG feelings!



Hi, I'm Emily and I created My Feelings and Me.

I am a social worker with a background in counselling and over 15 years experience with families and children.

As well as being a 'Tuning Into Kids' parenting facilitator, I am a mum to two energetic boys in the local Western Sydney area.

Emily Tapilatu

Connect.Engage.Grow

myfeelingsandme.com.au



@myfeelingsandmehere

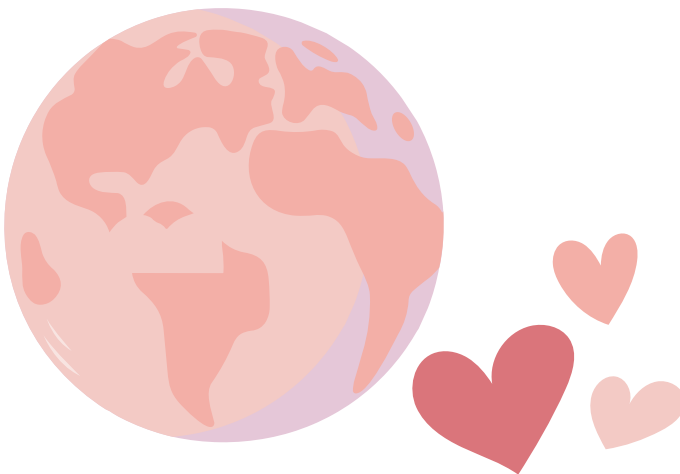


HOW TO USE

World Kindness Day is celebrated across our communities to normalise the importance of being kind to ourselves, each other and the world around us.

Talk to your child about how big an impact one act of kindness can have on someone. Give an example of when you had something done for you and how that made you feel. Get them to think of something that made them happy and point out how someone else's actions might had been a part of that.

Use the activities we have included as an easy way to start!





QUICK IDEAS FOR CHILDREN

Kind words

Noticing and telling someone something you like about them

Opening the door for someone

Letting someone go ahead of you in a line

Giving a friend a hug

Donate your pocket money to a charity

Offering to help someone with a task

Telling someone special how much you love them!



At Home:

Kindness Chart



- Write down some kind things you can do
- Cut it out and stick it next to a day of the week
- Tick the circle when you finish it!

Hold the door for
someone

Help to cook dinner

Call a Grandparent
to tell them you
love them

Tell a friend what
you think they are
good at

Pick up rubbish at
the park

Write your
own
ideas!

At Home:

Kindness Chart



Put your activity next to each day and tick off when its done!

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday





MY FEELINGS

CHECK IN!



I feel



It feels THIS Big

1

2

3

4

5

We have a Workshop!



These activities are a part of our PLAY IT MY WAY: Social/emotional skills workshop!

In a nut shell this 6 week play based workshop is for pre-school aged children to:

- Build emotional regulation skills & help cope with the big change
- Make friends and meet other children also going to school.
 - Become familiar and feel safe in the school grounds
- Learn how to be in a group setting for play and learning!

And more parents/carers to:

- Feel confident that your child is settled and happy!
- Meet other parents/carers who will take the school journey with you
- Have some tips/tricks to use at home for any big feelings that come out
 - Feel connected to your child's learning and school life as it start

DONT MISS OUT!!

We can run this during terms 3 & 4 at your child's local school.

If you are interested ask your school to contact us on

info@myfeelingsandme.com.au

www.myfeelingsandme.com.au

If you want to find more
resources for little people
to express
BIG feelings
head over to;



www.myfeelingsandme.com.au

World Kindness Day Activities

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Disclaimer

My Feelings and Me have provided advice for each activity as a guide only and by doing any of the activities mentioned in this kit, you are taking sole responsibility of how the activities are done. My Feelings and Me takes no further responsibility.

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Thank you.

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