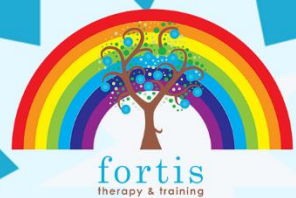


kindness is a superpower

a journal





In a world where you
can be anything,
be kind.

When you think about it, kindness is a bit like a superpower! When you do something kind, you can make someone smile, make them feel good, and make their day better.

An act of kindness doesn't have to be big. Something small can help friends, family, neighbours, or the people in your school and community feel appreciated and loved. The result is friendships and relationships that are stronger and happier, with shared memories that you can keep forever. By being kind, you help to make a positive difference to the world we live in.

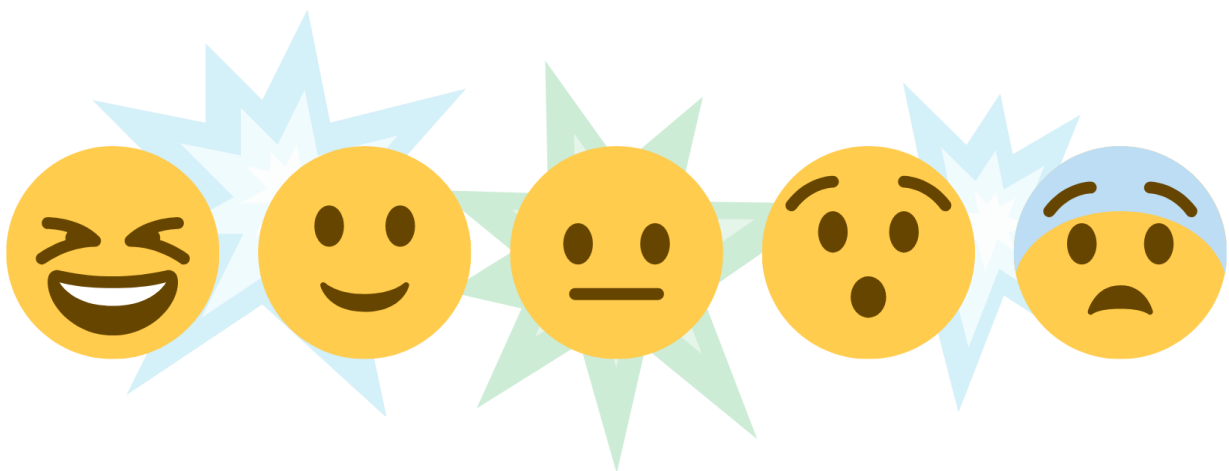
Think about the last time someone did something kind for you. How did it make you feel? Not only did you help someone, you may have experienced happiness and joy too. Remember that feeling and pass it on to someone else – just one act of kindness can lead to many more. A small change can make a big difference.

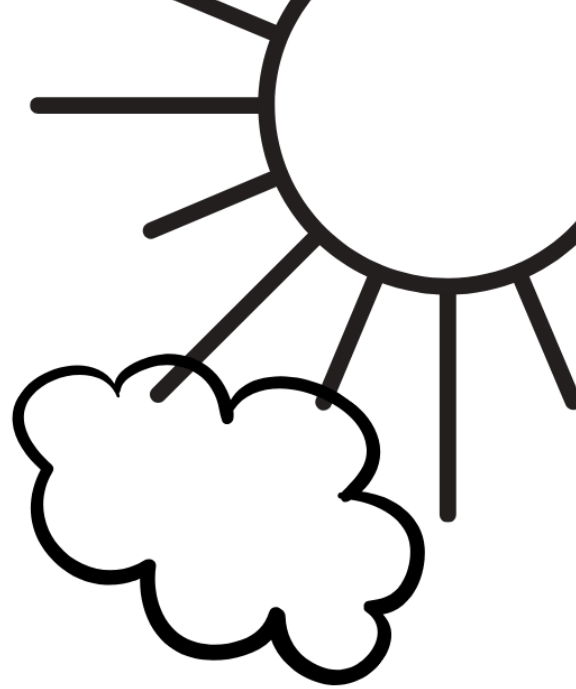
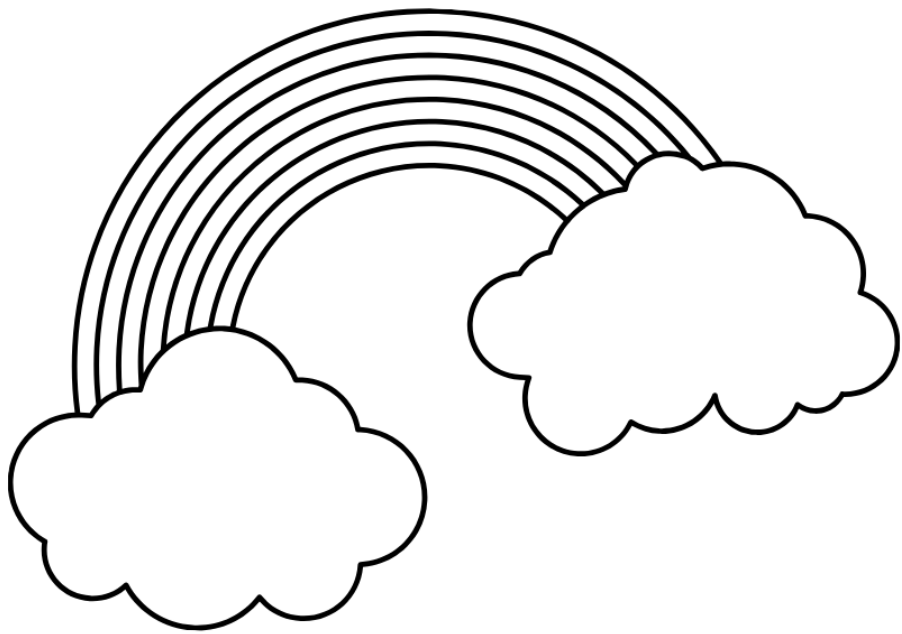
As well as being kind to others, it is important that we are kind to ourselves - so you have the energy to share the positivity you feel with the people in your life. There are many ways you can show kindness to yourself and to others. In this journal, you can explore ideas and activities to help you to share the superpower that is kindness.

Write about a time when you were kind to someone.

What happened?

This made me feel...





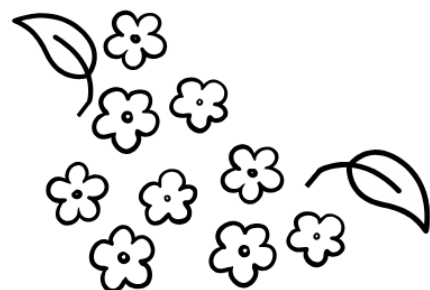
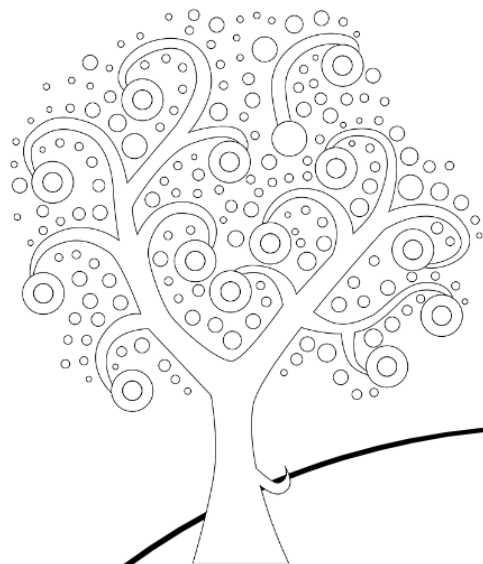
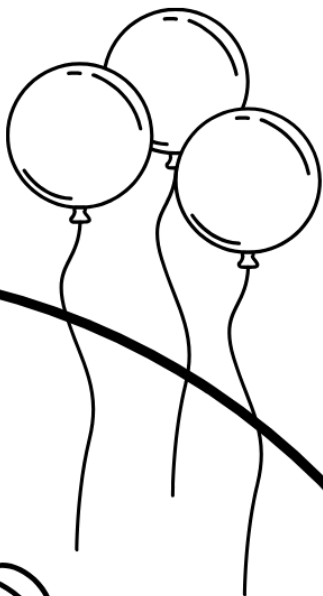
KINDNESS



STARTS



with me



Ideas for being kind at home

make a family
member
a cup of tea

spend time
playing with
your pet

tell
someone
a joke

Can you think of any more?

Ideas for being kind in the community

draw a
picture for a
neighbour
who may be
lonely

tell someone
why you're
thankful to
have them as
a friend

arrange a
phone call with
a family
member you
haven't spoken
to in a while

Can you think of any more?



Be kind to yourself

What makes you happy? My favourite things to do are...



Remember, to be kind to others, you need to be kind to yourself first.



do
something
you enjoy

keep other
people in mind
so you don't
become
overwhelmed

start with small
gestures so
you don't
become
overwhelmed

take time
out when
you need to



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