



## Our Values

At Woods, we have adopted 6 core values, one for each half term of the school year.

These values provide an important framework for helping to define and validate the work of the school beyond the curriculum. Each value is used as the theme for collective worship, the focus for classroom reflection and quiet corner displays.

Our key values for this year are love, respect, peace, kindness, patience and perseverance.

Our value for this half term is KINDNESS.



**'Do to others what you want them to do to you.'** – Matthew 17:12

We learn to look after one another; we are always kind and spend time acknowledge acts of random kindness during every day.

Our school rule – **We are kind and polite; we share, we include and we help others.**

When talking, discussing and reflecting on the value of kindness, we will explore the following:

1. Kindness is the quality of being friendly, generous, and considerate.
2. Kindness should be unconditional acts of goodness to the people in our world.
3. We are reminded that being kind often requires courage and strength.

***"When we release kindness into the world around us, it creates a ripple of goodness."*** Bear Grylls

**PRAY ABOUT IT:** Use this 5-step prayer to reflect on kindness:

1. GIVE THANKS for something that was good today.
2. ASK GOD FOR HELP for strength and courage to be kind
3. REFLECT on your day and think about how kindness has made you feel and how can you pass those feelings onto others.
4. SAY SORRY for the times you felt to do an act of kindness but didn't.
5. DECIDE how you will be kind to others tomorrow

## **SERVE**

Kindness is so often about doing something practical. Here are some ideas to get started:

- Smile at someone
- Put your neighbour's wheelie bin out for them
- Give someone a compliment
- Let someone go before you in the que
- Send an encouraging note to someone
- Do a litter pick in your community
- Put a box outside your house for the people of your community to put non-perishable food items for your local food bank. Information can be found here. <https://www.trusselltrust.org/get-help/find-a-foodbank/>

**A BIG reminder...**

We can often think that we need to do HUGE acts of kindness to be effective in our worlds. True kindness is often in the small things. A small stone thrown into the water still causes a ripple. Our small acts of kindness may seem insignificant at the time; they may even feel like they have no impact at all. However, being the beacon of love and kindness to all will allow these ripples in the water to make the biggest changes.

We can look at those who have made the biggest of changes, the biggest ripples, and notice how their kindness, love and determination to act upon this can change the world. Martin Luther King Jr once said ***“Hatred paralyzes life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illuminates it”***. Big changes are possible from your smallest of actions, illuminate the life of others with your kindness and help the light the way for others to follow.

**Go in peace to share love and kindness with all you meet!**

