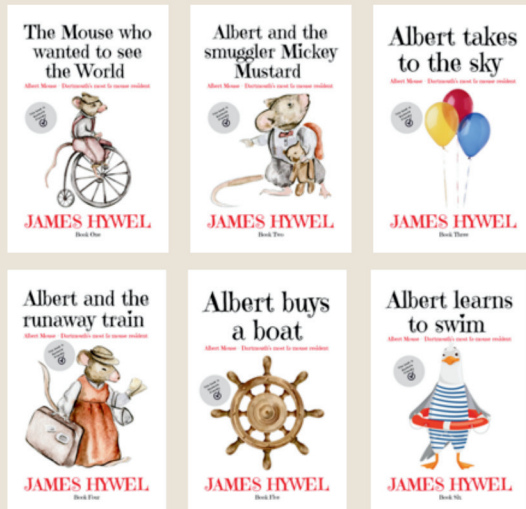


NURTURE KINDNESS CLUB



ALBERT MOUSE ESQUIRE
Part of Break The Cycle C.I.C.
Company Number 14265959



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Please scan the QR Code

#ReflectKindness



#ReflectKindness



PERSONAL KINDNESS

- Identity - who we are.
- What makes us special?
- Self-esteem – what makes me.
- Recognising our emotions
- Managing difficult emotions – when things don't always go well.
- My kindness – how am I kind?
- Sharing and caring for others.
- How do I thank others?

Kindness makes us happier



Albert Mouse Esquire **Nurture Kindness Clubs** unite children and create a positive, friendly and inclusive environment. The whole school and community can benefit by spreading random acts of kindness and creating a culture of reflecting kindness in everything they do.

What happens next?

We will have a chat

Albert Mouse Esquire will come out to see you and find out what you need. We can talk through areas of focus, including:

Personal Kindness
Kindness in Relationships
and
Kindness in our Communities.

KINDNESS IN RELATIONSHIPS

- What makes me a good friend?
- The model friend.
- How do I listen to my friends?
- Kindness without words.
- Why do I sometimes disagree with others?
- When do I think about other people's thoughts and feelings?
- Respect in relationships.
- How do I reflect kindness?

Kindness is contagious



What is this going to cost?

Funding & Costs

We can talk about the costs of the **Nurture Kindness Clubs** and work together to find an opportunity to fundraise to share the burden, so we are not deterred by the price.

Who runs the clubs?

Facilitation & Delivery

Nurture Kindness Clubs are run by an experienced Albert Mouse Esquire facilitator.

KINDNESS IN OUR COMMUNITIES

- How do I be friends out of school?
- Where do I see kindness in my community?
- Where do I feel safe?
- How do I go on to spread kindness
- How do I make the world a better place
- Include others.
- Reaching out to those who are isolated.
- Be polite and non-judgemental.

Kindness is good for the heart



Evaluation

Albert Mouse Esquire is very keen to develop robust evaluation that will support future funding bids so he can continue to support you, your children and communities.

Albert is a Mouse with huge heart and tries to reflect kindness in all he does.



#ReflectKindness