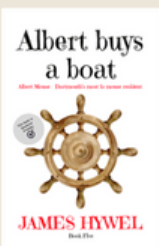


# INTERGENERATIONAL KINDNESS CLUB



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



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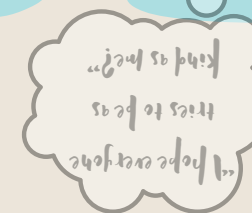


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Please scan the QR Code

#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 Intergenerational Kindness Clubs unite children and adults to create a positive, friendly, and inclusive community that promotes kindness.

(This is both within school and community settings.)

## Age is just a number

Albert Mouse Esquire can bridge the gap to encourage kindness and create long-lasting relationships. Resulting in happy memories, reigniting togetherness, and a sense of belonging. Reducing isolation and loneliness.

# 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*



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



### Get in touch

Albert Mouse Esquire delivers intergenerational activities that bring children, families, and older people in the community together in a unique way.

Duration and timings are flexible. Age 0-100 +

# KINDNESS IN OUR COMMUNITIES

- How do I make friends out of school?
- Do all my friends need to be my age?
- 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*



Albert Mouse Esquire aims to bring old and young people together in a purposeful, meaningful, and mutually beneficial friendship.

## How will we do this?

Albert Mouse Esquire shares stories and creates opportunities to participate in activities, events, and much more in a relational manner. Co-produced as part of our kindness plan.

## Who runs the clubs?

### Facilitation & Delivery

Intergenerational Kindness Clubs are run by experienced Albert Mouse Esquire facilitators.

**#ReflectKindness**