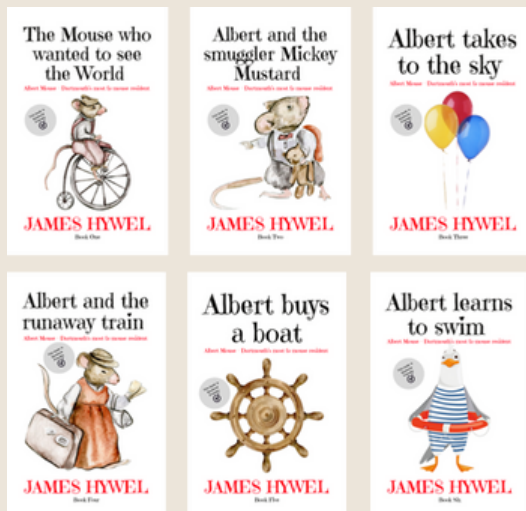


# NURTURE KINDNESS CLUBS FOR CHILDREN



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Please scan the QR Code

#ReflectKindness



#ReflectKindness



# KINDNESS MAKES US HAPPIER

Are you a parent /carer or teacher of a child aged 6-11 years? Are they always kind to themselves?

We work together to help children develop personal kindness, kindness in relationships and have a sense of belonging in their community. This will include sharing ideas, feeling safe and spreading kindness.



## 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 IS CONTAGIOUS

Albert Mouse Esquire Nurture Kindness Club works in schools and communities to create a culture of 'contagious kindness' where random acts of kindness become the everyday norm.

## #ReflectKindness



## 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?



## WHO RUNS THE CLUBS?

Nurture Kindness Clubs are run by experienced Albert Mouse Esquire facilitators.  
These 8-week sessions are FREE to attend.

# KINDNESS IS GOOD FOR THE HEART

If your child would like to join us, we meet weekly in a venue near you. We have lots of adventures together, make new friends, grow in confidence, learn to express ourselves positively and most of all have fun.

The sessions are child-led, interactive, fun, and engaging. The children are encouraged to have their own ideas and share their thoughts together.



## 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.

