

Final Outcome: We are working towards introducing new habits to our lives to ensure we are kind to ourselves and others.

Component 6:

What we will know after this sequence:

- Famous quotes about self-esteem and kindness and what they mean
- How to discuss potential new habits they could start to improve their self-esteem
- The importance of accepting praise
- Importance of being proud of their own achievements
- Importance of focusing on what we CAN do rather than what we CAN'T



Vocabulary:

Self-esteem, kindness, improve, praise, can, can't, achievements, habits,

How will this feed into my next learning:

I will use my knowledge of self-esteem and changing habits to ensure I have a can do attitude and feel positive about the achievements I have already made in my life.

Component 4:

What we will know after this sequence:

- How to identify our motives for being kind
- How does it affect how likely we are to repeat the act
- That kindness is a human instinct
- Kindness makes us happier by releasing chemicals called endorphins
- People who are kind live longer
- Kindness is contagious



Vocabulary:

Motives, human instinct, kindness, contagious, act, endorphins, kinds, chemicals,

How will this feed into my next learning:

I will use my knowledge of scientific research on kindness to explore how I could make myself happier, and boost my self-esteem.

Component 5:

What we will know after this sequence:

- How to be kind to oneself
- How to improve their own self-esteem
- How to discuss if you are more likely to be kind after seeing someone else do something kind

Vocabulary:

Kind, oneself, self-esteem,

How will this feed into my next learning:

I will use my knowledge of self-esteem to explore why we might have low self-esteem about certain aspects of ourselves/our lives.

Component 3:

What we will know after this sequence:

- How to be aware of why
- How being aware of your actions and kind gestures can have an impact on how you feel
- How to empathise with characters from a story
- What the term pity and sympathy mean



Vocabulary:

Kind, gestures, act, impact, pity, sympathy, empathy,

How will this feed into my next learning:

I will use my knowledge of the impact kindness can have on individuals to explore the motives behind being kind, as well as the scientific research that supports it.

Component 2:

What we will know after this sequence:

- The command words, e.g. kindness, care caring, goodwill, thoughtfulness, affection, unselfish,
- Examples of which scenarios may fit where, on a scale of kindness
- How to justify an opinion and listen and respect their opinion of others
- The difference between caring and goodwill and be able to give an example of each

Vocabulary:

Caring, goodwill, kindness, care caring, goodwill, thoughtfulness, affection, unselfish,

How will this feed into my next learning:

I will use my knowledge of kindness and goodwill to explore the motivation behind acts of kindness.

Component 1:

We should know:

- That everyone has rights
- That rights need to be respected
- That everyone may feel different emotions at different times and that sometimes these emotions can be harmful.

What we will know after this sequence:

- How to identify the characteristics of kindness
- What it feels like to be kind
- What it feels like to received kindness
- How to set personal targets that would improve their use of kindness

Vocabulary:

Kindness, targets, kind, receive, act, establish, identify, revisit,

How will this feed into my next learning:

I will use my knowledge of kind acts and receiving kindness to explore the concept of a scale of kindness.

