FAMILY FOCUS

Random Acts of Kindness

Kindness is often appreciated most when it is offered at unexpected times.

Choose one week this term for your family to have "a random acts of kindness" week, and do something kind for someone each day. Try to do it without telling people it was you!



www.randomactsofkindness.org

HOME-SCHOOL CHALLENGE

Helping hands

As well as being kind and showing **compassion** in what we say, it is often what we *do* that other people remember.

Draw and cut out the shape of each person's hand in your family. Decorate it with all the random acts of kindness that they have shown. Mount the hands of each member of your family on some paper so they look fantastic and ready to be displayed.

FASCINATING FACTS

What a difference **compassion** and kindness can make! Numerous charities help people who have been hurt, are ill or suffer through lack of resources. Below are just 3:

- **World Vision** encourages individuals and groups to 'Sponsor a Child' in an area of the world where food, health and education cannot be taken for granted. For just 75 pence a day the life of a child, in for example Uganda or Bolivia, can be transformed by providing help to grow food, source clean water, improve health services and pay for education.
  www.worldvision.org.uk
- **Help for Heroes** was set up after many British soldiers returned from war zones in Iraq and Afghanistan. By giving to this charity the public show their **compassion** for the soldiers and their families and recognise the service they gave on behalf of us all.
  www.helpforheroes.org.uk
- **Help the Hospices.** Sometimes when people become very ill they go to a hospice which will provide them with care and **compassion**. Often hospices are maintained by donations from people who admire and value their service or who have had a relative who has been helped by the hospice.
  www.hospiceuk.org

Help the Hospices

World Vision
Building a better world for children

IN SUPPORT OF HELP for HEROES

HALL OF FAME

A famous bear with a spotty scarf



Pudsey Bear became a national mascot in 1985. He was designed by Joanna Ball and she named him after the small town in Yorkshire where she lived and went to school for many years, Pudsey.

When we see Pudsey Bear we immediately think of Children in Need. This charity has grown enormously since it began and raises millions of pounds every year. Thanks to people all over the country, children in the UK and across the world have come to know real kindness and **compassion**, made possible by generous donations to the charity. www.bbc.co.uk/childreninneed

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