

## Thoughtful Thursday

On Thoughtful Thursday, we want to remind you to slow down and tune in with your family, friends and those within our community. Caring and being thoughtful means letting things matter to us; not just for people that we know but also people that we have never met before. It means that we also value the needs and well-being of animals and the environment. Caring means that we have concern when we see problems and unhappiness and wanting to help; from very simple gestures like buddying up with a new pupil at school right through to spending your free time as a volunteer to help a good cause.

So why should we be kind and thoughtful to others? One ENORMOUS benefit of doing so is that it encourages other people to act in the same way. We can't put it any better than the famous American pilot Amelia Earhart who once said:

*"No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves."*

As you start to look around and deliberately look for chances to be kind, thoughtful and helpful you will be amazed at how many opportunities there really are. Start with the small things like holding a door open for somebody, visiting a lonely relative, offering to help with somebody else's task or offering for somebody to step in front of you in a queue. Do it with a smile and you'll be amazed at how easily you can make other people smile whilst setting a good example for others to follow. 😊

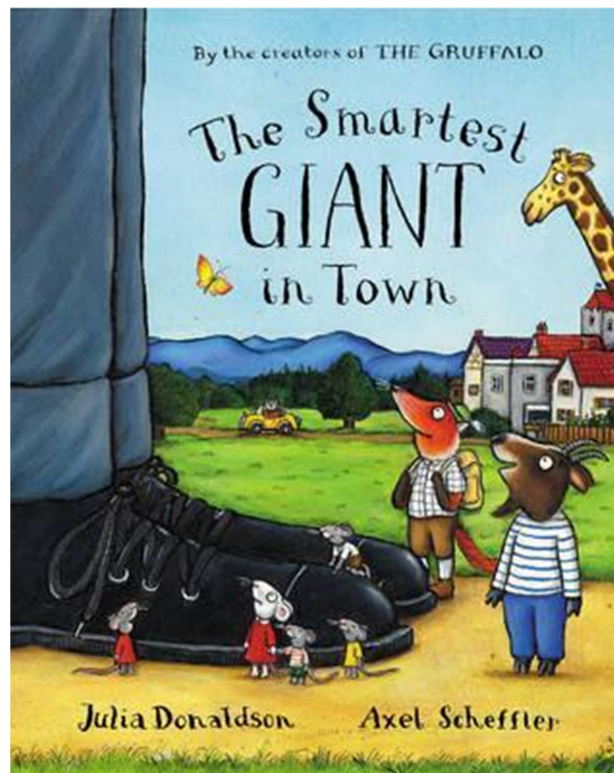


Today's Wellbeing Action Plan:

- **Random Acts of Kindness:** We need to distance ourselves, but that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness. Kindness is a powerful tool. Let's use it. A smile, a hug or a compliment can really make someone's day. Today I invite our pupils to 'draw-and-do' as many acts of kindness as possible! It is great to see that a ripple can make a wave and who doesn't need a little extra kindness in their lives?



- **Thoughtful Storytime:** There are a lot of wonderful lessons to be found in the stories of Julia Donaldson. Today I recommend reading 'The Smartest Giant in Town'. This story tells the simple tale of a kind-hearted giant who encounters many struggling characters in need of help. His thoughtfulness and kindness are so visibly instant in his actions. If you do not have the book, you can watch through this link : [https://www.youtube.com/watch?v=m\\_RHBRJRnGQ](https://www.youtube.com/watch?v=m_RHBRJRnGQ)



- **Kindness Video & Song:** Today we will watch this video about showing kindness-made by kids just like you! Lovely messages to be found here ☺

<https://www.youtube.com/watch?v=CQ7kRLBsfN8>

- **Everyday ideas of Thoughtfulness:**

- ✚ Cook for your family a favourite meal or offer to help prepare or tidy up after.
- ✚ Be the best friend you can be by always being there when your friend needs you the most.
- ✚ Pick up the phone and say hello to a friend who's in need of a little conversation.
- ✚ Get involved in volunteer work in your community.
- ✚ Hold doors for people behind you.
- ✚ Give up your seat on a bus/train to a person who could use it more.
- ✚ Allow a person with fewer groceries than yourself to cut in front of you on line.
- ✚ Try to be more conscientious of others feelings.
- ✚ Send a person who is not feeling great a little note to lift their spirits.
- ✚ Please do not forget to say "Please, Thank You, Excuse me", etc
- ✚ When you offer to help a person in their time of need, don't say "If there is anything I can do, just call" because most of the time they will not call you. Instead, follow up on your offer by contacting them personally to check in on them.



Thoughtfulness is the beginning of great sanctity. If you learn this art of being thoughtful, you will become more and more Christ-like, for his heart was meek and he always thought of others. Our vocation, to be beautiful, must be full of thought for others....

— *Mother Teresa* —

AZ QUOTES