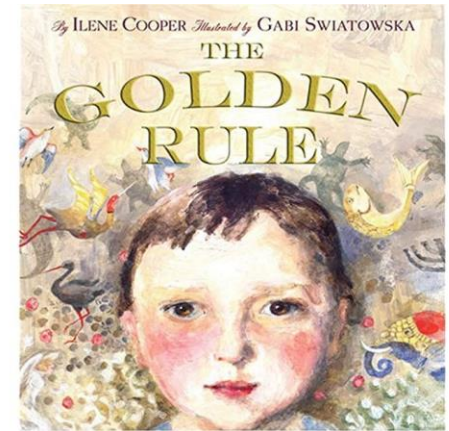


Term 1 Wellbeing

- ▶ WALT: understand The Golden Rule, discuss the strength of 'kindness'
- ▶ WILF: An understanding of The Golden Rule
An understanding that kindness is an important strength to have.



What is The Golden Rule?

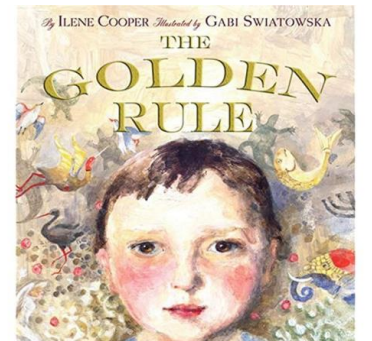
- ▶ Brainstorm - based on the title, make predictions as to what the Golden Rule could be
- ▶ Read 'The Golden Rule' looking carefully at the illustrations
- ▶ P2: Can you answer the boy's questions?

What does it mean? Why is it golden?

- ▶ P3: Turn & Talk: Who is it for?
- ▶ How does the Grandfather know about the Golden Rule?
- ▶ Look at the last page –Illustration is a close up of grandfather's face; it seems like he is directly speaking to the reader. Why?



??



Following the Golden Rule....

- ▶ The Golden Rule is about **KINDNESS**.
- ▶ We can follow the Golden Rule by always being **KIND** to others.
- ▶ The Golden Rule is “simple but not easy”
 - When is the Golden Rule easy to follow?
 - When is the Golden Rule hard to follow?



The Golden Rule: sometimes or always?

- ▶ Why is it important to follow the golden rule?
- ▶ Do you think it is possible to practice the golden rule at all times?
- ▶ Students 'think pair share' their answers.
- ▶ **In pairs students discuss scenarios that involve the golden rule.**



KINDNESS and the Golden Rule

- ▶ In groups, discuss and record what actions people demonstrate that go **AGAINST** the golden rule :
 - at school,
 - at home,
 - somewhere else

- ▶ Each group chooses one or two of these actions and discusses what that person could do to change that particular behaviour. Share with the class.



Lessons from the book

- ▶ **Kindness** – we all have one thing in common – to be kind to each other – as the book depicts, how we go about that is up to each one of us.
- ▶ A rule that you can **apply yourself and observe** in others
- ▶ **Used by** different cultures and religions – all follow Golden Rule
- ▶ **Empathy** - think before we act: “Would I want this to happen to me?”

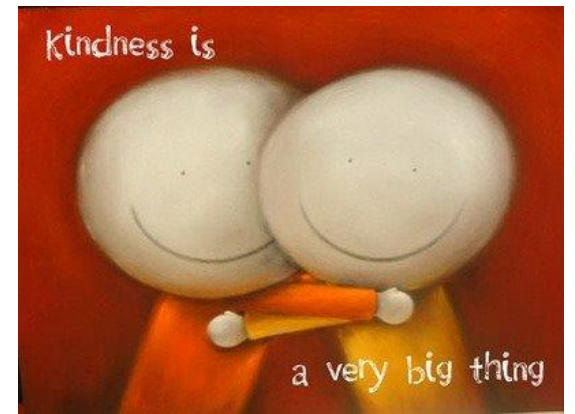


The strength of Kindness -

The Golden Rule is about being kind to other people because we like it when people are kind to us.

Discuss

- ▶ What does it mean to be kind?
- ▶ Are we born kind or are we taught to be kind?
- ▶ How do you feel when someone is kind to you?
- ▶ How do you feel when you are kind to someone else?
- ▶ How is 'kindness' linked to wellbeing?



Catch Some Kindness!

- ▶ An act of kindness can be big or small. All are important. Give examples.
- ▶ “Catch Some Kindness”



A final word...



Try a Little Kindness