

## Activities around Kindness and Relationships

### Primary-aged pupils

#### **Activity 1** (Resources: A4 card, pencils, stamp, envelope)

Write a letter or make a card to someone who is special to you. This might be someone from your family, a neighbour, a friend or someone at school. In the letter explain why the person and relationship matters to you.

#### **Activity 2** (Resources: Pebble, paint, paintbrush, PVA glue, Sharpie)

Paint the pebble in colours of your choice. When it is dry, using a Sharpie, complete a sentence that begins 'love is.....' When this is complete, paint on a layer of watered down PVA glue to make it shiny. When all is finished, you could give it to someone important to you or ask your parent /carer to put it somewhere outside for others to find and keep.

#### **Activity 3** (Resources: Heart cut-out, wool, felt tips)

Using the heart cut-outs, write one thing you love about yourself on one side and one thing you love about someone else on the other. Decorate with pictures of things that make you happy. Use the wool to hang it as a mobile in your room.

## Secondary students

### **Activity 1** (Resources: Stone, paint, paintbrush, Sharpie, PVA glue)

Paint the stone in colours of your choice. When it is dry, write a positive relationship quote and finish by painting on a layer of watered-down PVA glue to make it robust. Leave it on a walk in your local community or ask your parent /carer to put it somewhere outside for others to find and keep. Share pictures on #RSEday

### **Activity 2** (Resources: 2 x white A4 card, pencil crayons, pencil, pen)

Create a title, a synopsis and a cover design for a new book about healthy relationships and love

