



# RESOURCES

## LESSON 1



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**ARTS COUNCIL  
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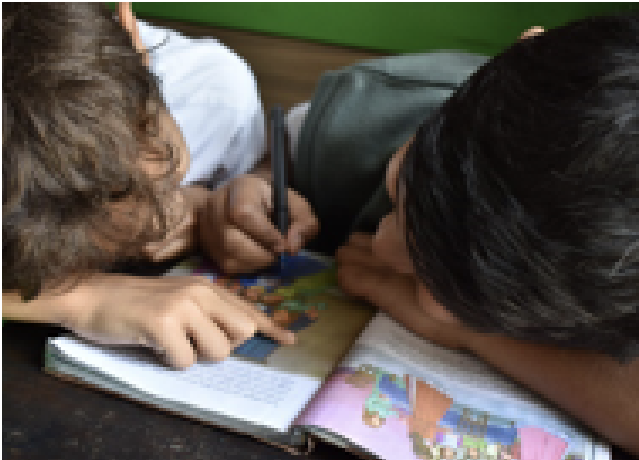
**millipedia**  
ethical digital



**PERISCOPE**

**MAKE  
(GOOD)  
TROUBLE**

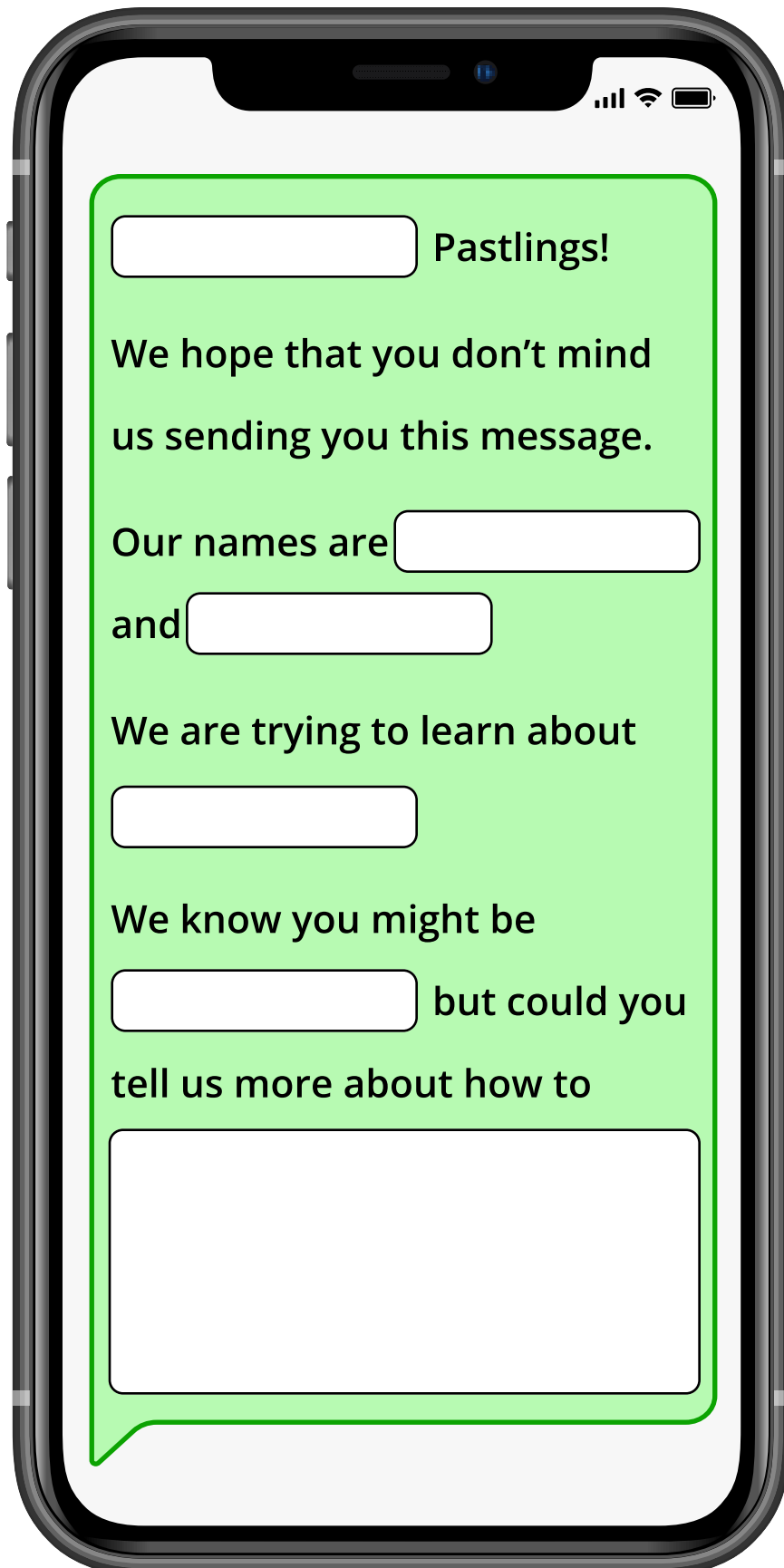




Use the pictures below to help you complete the definition of kindness:

Kindness is a type of behaviour. Somebody might show kindness by being  ,  , generous, or by showing  for another person, without expecting anything in return.



A graphic of a smartphone with a black frame and a light gray background. The screen displays a green message bubble with a white border. Inside the bubble, there is a form with several text input fields and labels. At the top, there is a small white rectangular box followed by the text 'Pastlings!'. Below this, the text 'We hope that you don't mind us sending you this message.' is displayed. Then, the text 'Our names are' is followed by a white rectangular box, and 'and' is followed by another white rectangular box. Below that, the text 'We are trying to learn about' is followed by a white rectangular box. Then, the text 'We know you might be' is followed by a white rectangular box, and 'but could you tell us more about how to' is followed by a large white rectangular box at the bottom of the message bubble. The smartphone's status bar at the top shows signal strength, Wi-Fi, and battery icons.

It's nice to be able to  
speak to you.

Please could you tell us  
about kindness?

Thank you!

This is urgent – we need  
you to send us this  
information now!

Send us an explanation of  
kindness and tell us what  
you do in your time.

We know you might be  
busy, so please reply  
when you have time.

Call a friend who has been feeling upset or unhappy lately.

Send a letter to a friend or a family member who lives far away.

Help at home with tidying or cleaning without being asked.

Donate any clothes, books, toys, or games no longer being used to charity.

Tell a friend, family member, or neighbour something nice about themselves.

Pick up rubbish (with adult supervision) in the playground or local area to help keep it clean.

Let someone go in front in a queue.

Offer to hang up someone's coat or bag for them.

Help to tidy up when at a friend's house.