Wellbeing Workout

Practising Kindness with our Amazing People

FREE access to our stories during school closures:
www.amazingpeopleschools.com
Explore our interactive stories (audio, video and timelines included), take the quizzes, unlock the fact cards and decorate your avatars. Discover how these amazing people demonstrated **kindness**.

Draw a picture to put in the window to cheer someone up.

Caroline Chisholm

Welcomed and looked after new arrivals to Australia and was named 'The Emigrants' Friend'.

Write a poem or story inspired by a kind act, by one of the amazing people, or someone you know. Can you describe how they showed kindness?

Eva Perón

Born into poverty she became an actress before becoming First Lady of Argentina. Revered as kind and giving, she was known as Evita.

Mustafa Atatürk

Founder of Modern Turkey, he introduced many social changes and reform, including education.

Not all of us experience school closures or isolation in the same way. How can we demonstrate our kindness to others? Contribute to a food bank? Volunteer to help an elderly or vulnerable neighbour?

Offer to do extra chores. Can you help prepare a meal or make someone a drink? Can you help with the laundry or the dishes?

Florence Nightingale

'The Lady with the Lamp'.
Founder of modern nursing, she recognised the essential need for hand washing, to prevent the spread of infection.

Leonardo da Vinci

Renaissance Man of Italy, he was a polymath who embraced art, architecture, design, anatomy and so much more. He urged people to be kind and honest in his writings.

Write a letter or send a card to someone you know. Ask them how they are doing in these uncertain times.

When online with friends, practise being patient and listen to each other. Be as kind online as you would be face-to-face.

Elizabeth Blackwell

First female doctor in the USA, who focussed her work on poor women and children.

Have you remembered to thank someone today? Perhaps your parents or guardians for looking after you, or your teacher for helping to continue your education in difficult circumstances.

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Please share your creations or ideas with us on social media.

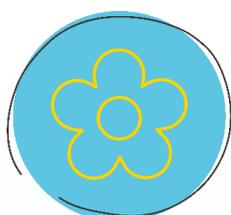@Amazing_Schs   @AmazingPeopleSchools   @AmazingPeopleSchools

Curriculum Mapping - ACARA

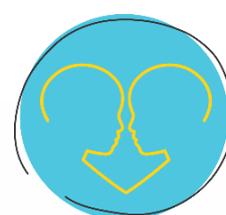| National Curriculum Content Descriptions applicable to this lesson:		
Year Level	Learning Area	Content Description
3 & 4	HPE	*Being healthy, safe and active* Identify and practise strategies to promote health, safety and wellbeing (ACPPS036 - Scootle)
3 & 4	HPE	*Being healthy, safe and active* Explore how success, challenge and failure strengthen identities (ACPPS033 - Scootle)
4	HASS	*Questioning* Pose questions to investigate people, events, places and issues (ACHASSI073 - Scootle)
4	HASS	*History* The role that a significant individual or group played in shaping a colony (ACHASSK110 - Scootle)
5 & 6	HPE	*Being healthy, safe and active* Plan and practise strategies to promote health, safety and wellbeing (ACPPS054 - Scootle)
7 & 8	HPE	*Communicating and interacting for health and wellbeing* Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074 - Scootle)
7 & 8	HPE	*Communicating and interacting for health and wellbeing* Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075 - Scootle)

General Capabilities developed in this lesson:	
Personal and Social Capabilities	• Understand themselves and others. • Work and learn more effectively.
Critical and Creative Thinking Skills	• Pose questions to clarify and interpret information. • Identify and clarify relevant information and prioritise ideas.
Literacy	• Contribute actively to discussions, taking into account other perspectives.
Humanities and Social Sciences	• Describe the significance of people and events/developments in bringing about change. • Describe the experiences of different people in the past. • Develop knowledge and understanding through key concepts including significance; continuity and change; cause and effect; place and space; interconnections; roles, rights and responsibilities; and perspectives and action. • Develop inquiry skills; question, research, analyse, evaluate, reflect and communicate

Kindness

Good Sense

Empathy