



Wellbeing

## Kindness cascade

1. To create your own kindness quote
2. To bring together the kindness of your tutor group
3. To spread kindness across the whole school



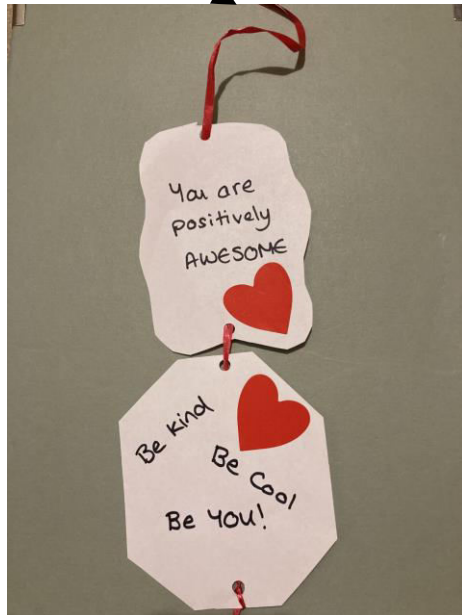
TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

Be kind whenever possible.  
It is always possible.

*the 14th Dalai Lama*

# Cascade of Kindness

## Examples



## Kindness cascade task

1. Think of your **own kindness quote** and write it on your card
2. **Decorate your card** – cut it into a different shape, add colour, any other decorations

These will then be joined together by the Wellbeing Committee and displayed as a cascade in the atrium.

**Please bring your finished cards to Mrs Barnwell in C1.10 during Friday tutor time (15<sup>th</sup> October) - or whenever you can by the end of the day.**