





## THE BENEFITS OF KINDNESS

A simple act of kindness has been proven to have significant health and social benefits for both ourselves and for those around us. Kindness helps us feel happier, improves our relationships, makes for a better and stronger community, and improves our physical and mental wellbeing – and best of all, it is contagious.

## WHY SCHOOLS?

At 52 Lives, we believe kindness can change the world. What better way to spread kindness than to inspire future generations and world leaders to go out into the world and be kind?

## OUTCOMES

By the end of the workshops, we will aim to have:

- Demonstrated the power of kindness by sharing real-life case studies.
- Helped the children to realise the two-way benefits of kindness.
- Encouraged the children to work as a team and think creatively to help a specific child in need.
- Discussed ways in which we can be kind in everyday life.
- Worked with teachers to encourage kindness post-workshop.
- Reinforced the message that everyone in this world needs kindness.

Our workshops also tie in with the National Curriculum, particularly PSHE and geography.



## HOW LONG WILL THE WORKSHOP BE?

This workshop can be tailored to the needs of your school. It can range from 1-3 hours, depending on the number of classes/students you would like to involve.

## WHAT MATERIALS WILL YOU NEED?

Our workshops are fully interactive and require arts and craft materials (colouring pencils, glue, paper, scissors and card) and permission from parents for their children to be included in any photos, videos or audio materials produced during the workshop.



## WHO WILL BE RUNNING THE WORKSHOP?

Our workshop facilitator is Greig Trout, a motivational speaker and founder of 101 Things To Do When You Survive ([www.whenyousurvive.com](http://www.whenyousurvive.com)). Greig is a former Crime Scene Investigator with the Metropolitan Police and a qualified trainer. He has given countless talks to schools, charities and organisations about his eventful and inspirational life. A long time supporter and collaborator of 52 Lives, Greig has kindly agreed to run the School Kindness Project and can't wait to help spread the 52 Lives message.

## HOW MUCH DOES IT COST?

This project is being funded with prize money from the Clarins Most Dynamisante Woman of the Year Award, which Jaime won in 2016. So it is completely free of charge.

## HOW DO I BOOK A WORKSHOP?

Please contact [schools@52-lives.org](mailto:schools@52-lives.org) to enquire hosting a workshop in your school.

We will do our best to visit as many schools as possible, but availability will be limited.



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