



52LIVES

SCHOOL OF KINDNESS

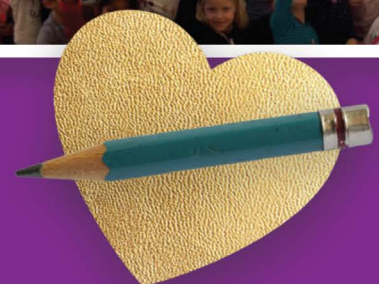
We run Free Kindness Workshops for thousands of children every year. Our Workshops aim to spread kindness and empower children by helping them realise that the little choices they make every day have the power to change people's lives, and improve their own physical and mental health at the same time.

WHAT HAPPENS IN A WORKSHOP?

1 A FUN PRESENTATION

In the first part of our Kindness Workshop, we give a lively, interactive presentation covering:

- What kindness is and the impact it has on ourselves, our classroom, our community and the world.
- The science of kindness, including the changes it triggers in our minds and bodies.
- Case studies from 52 Lives showing the life-changing difference kindness has made to real people around the world.



2 TAKING ACTION

In the second half of our workshop, we put the theory into action. We share the story of a real child in need of kindness and work with the children during the session to help that child - for example, by making cards, gifts, recording messages or writing letters.



3 POST WORKSHOP

Your involvement with the School of Kindness doesn't have to end when the workshop does. We encourage schools to stay engaged with us, including: presenting an annual Outstanding Kindness Award to a child in their school (provided by 52 Lives); reinforcing and building on the workshop using our lesson plans; or getting involved in any of our other initiatives. You will also have the opportunity to become a 'Kind School' by signing our pledge, which will enable you to use the 'Kind School' logo.



A 52 LIVES Kind School

"I have been teaching for 17 years and I can honestly say that the impact your visit has had on us has been far more than anything I have experienced before."

**Tony Wheat,
West Pennard School**

"The workshops are ideal for all schools that are looking to put kindness at the heart of their ethos by teaching the children about it explicitly. This is such an important aspect of education, and 52 Lives are experts at teaching it."

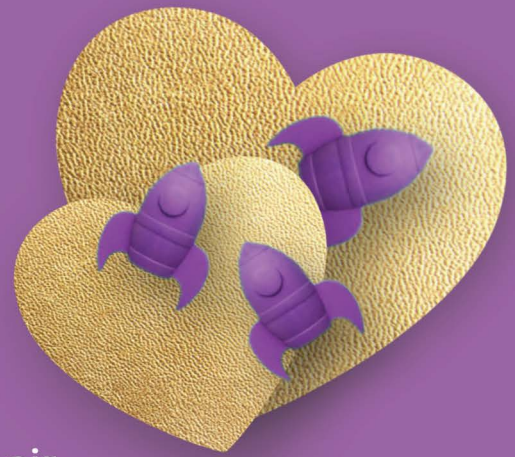
**Jonnie Noakes,
Director of Teaching & Learning,
Eton College**

BENEFITS & OUTCOMES

100% of schools we have surveyed said the children benefited from the workshop.

By the end of the workshop, children will

- Understand the importance of kindness.
- Understand the power of their actions.
- Realise the choices they make have an impact on their own well-being and on the world around them.
- Understand the link between kindness and their physical and mental health.
- Feel empowered to create the kind of world they want to live in.



THE DETAILS

Age Groups: Key stage 1 and 2

Length: Approx 2 hours.

Number of children per workshop: Anywhere from 1 class to a whole school

Materials needed: Our workshops are fully interactive and require arts and craft materials (colouring pencils, glue, paper, scissors and card)

Cost: FREE! Some schools choose to fundraise for our charity, which we are incredibly grateful for. But there is no obligation to do so.



WORKSHOPS FACILITATOR

Greig Trout, our director of Kindness, runs all of our Kindness Workshops, Greig is an ex-CSI, turned adventurer, turned inspirational speaker. From singing on stage at the Sydney Opera House, to teaching English, to volunteering with remote communities in Nicaragua... Greig's enthusiasm and passion for life is infectious. He received a Prime Minister's Point of Light award in 2019, and was also named in The Independent's Happy List in 2015.



ABOUT 52 LIVES

(The charity behind the School of Kindness)

52 Lives aims to change someone's life every week of the year and spread kindness, with the help of almost 100,000 supporters. It is based on the simple premise that people are good, and lots of good people working together can achieve amazing things. We believe that kindness has the power to change people's lives, strengthen communities and ultimately change the world. We have won numerous awards for our work and been recognised by the Prime Minister and the Duke and Duchess of Sussex.

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CONTACT US

TO REQUEST A WORKSHOP, VISIT:
www.schoolofkindness.org/workshops
Email: schools@52-lives.org



@52livesschools



@schoolofkind



@52.lives

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