



Garlinge Primary School and Nursery

Be Kind to the Adults in your Home

Here is a Fun song, which reminds us to be kind to the adults in our homes.

<https://youtu.be/kJqzx67MM5o>

The adults in our homes are having a tough time at the moment. Perhaps they have to go out to work or they may be trying to work from home. They are busy looking after you and helping you with your schoolwork. They may be worried about other family members who you can't visit at the moment and sometimes they seem sad and stressed.

So what can you do to help?

Even if you are only 5 years old you can help out at home and show kindness to the adults at home.

Kindness starts with Love; and Hugs are free, so start sharing them often at home.

'Thank you', costs nothing to say, so make sure that every time someone cooks you a meal, washes your clothes, cleans the house, helps you with homework.... Say Thank You! And mean it.

If you add a 'Thank You Hug' you score extra Love points.

Here are some more ideas...

- Give the adults at home **time out**, no they are not in trouble, just put a timer on and give them an hour of Peace and Quiet.

They will be in a great mood after that!

- Make them a cup of tea.

(you may be too young for this activity and might need help from an older brother or sister)

-Help prepare a meal- peel vegetables, lay the table, clear the plates, you know how you can help.

-Tidy your room without being asked

 this will shock them completely and they will be in a very good mood!

-Help to sort and fold laundry- then help to put it away.

You are all very smart and I am sure you will come up with other ways of being Kind.

Remember to do all these activities with a BIG smile on your face.

You will feel happier and the adults you live with will feel less stressed and happier.