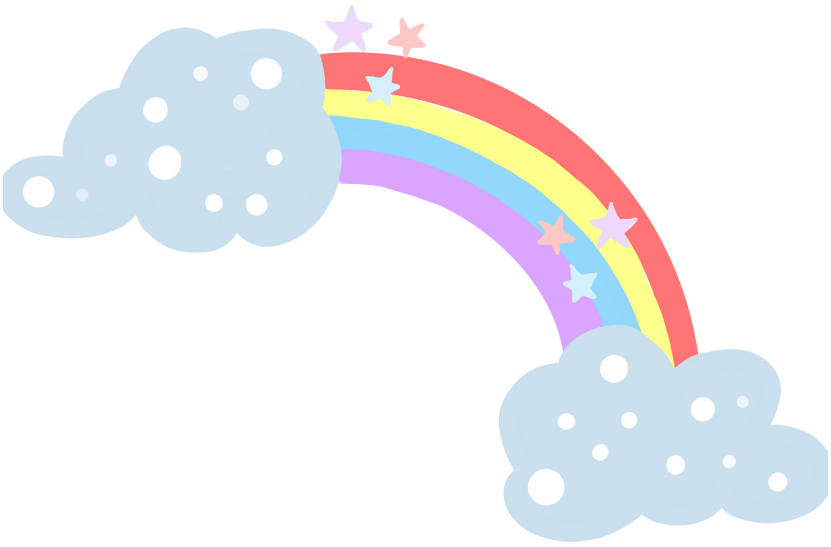
Kindness Bear

and the Classroom Adventure

By Hayley Fuller in collaboration with

52 LIVES
SCHOOL OF KINDNESS



This book is designed in collaboration with 52 Lives Charity;
https://schoolofkindness.org

At the School of Kindness, we believe that kind is the most important thing a child can be. We believe kindness exists inside all of us – sometimes we just need to unlock it. We help to create a culture of kindness in classrooms and work with thousands of children every year. We offer free Kindness Workshops, resources and lessons plans, and provide small grants via our Kindness Fund.

We are part of the 52 Lives charity. Our aim is to empower children by helping them realise that the little choices they make every day have the power to change lives and change the world, while also improving their own physical and mental health.

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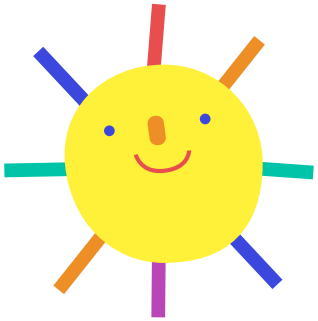
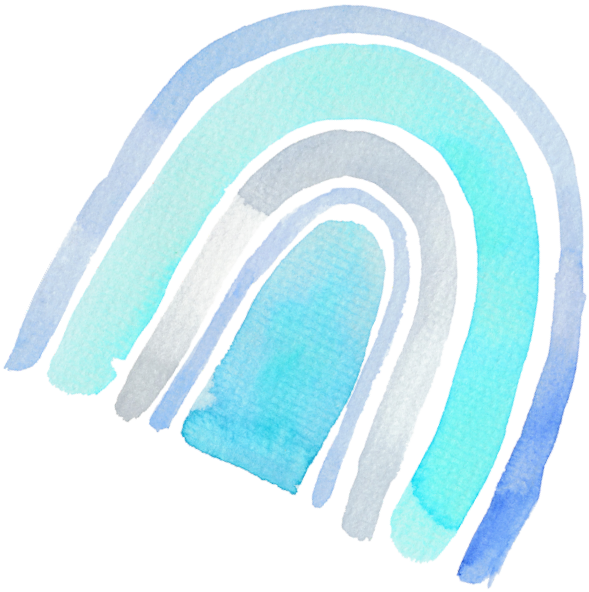
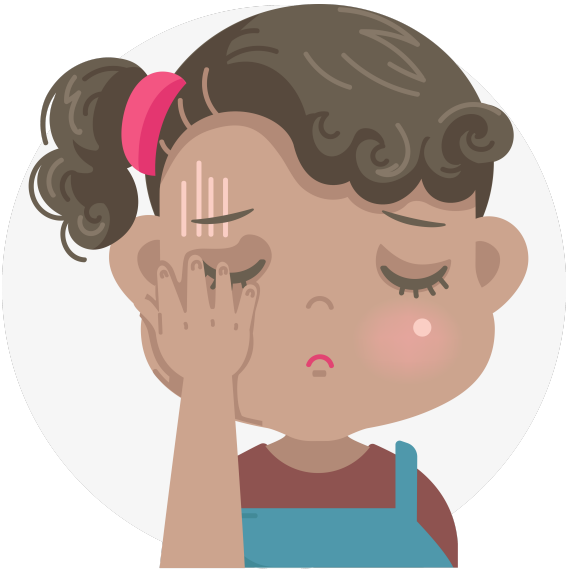
One day, in a classroom not to far away, there lived a special bear, and his name was Kindness Bear.



However, this was no ordinary teddy bear.... he was a superhero teddy bear! A superhero teddy bear with the powers of 'Super Kindness!'



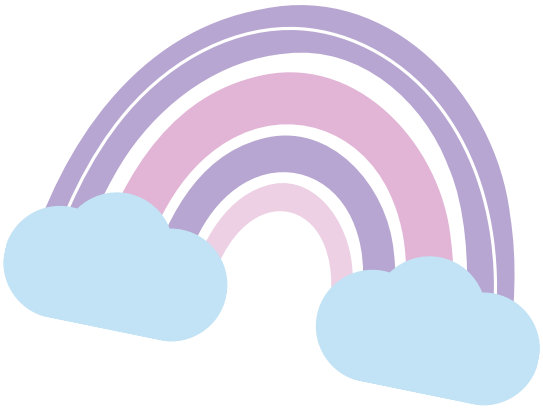
It was another day in school, and all the children were busy learning and having fun. When all of a sudden there was the sound of someone crying...



It was a little girl called Anya. Kindness Bear flew over to Anya and gave her a big hug. She told Kindness Bear that her friend Samuel wouldn't let her play cars with him, and she felt sad.

Kindness Bear knew exactly how to help, he summoned up his 'Super Kindness' powers and gave some of them to Anya.

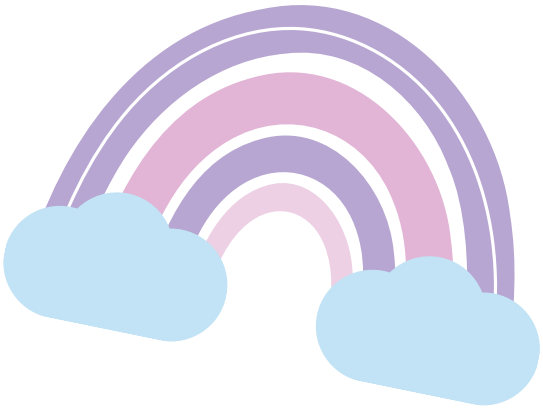
Anya suddenly felt strong, brave and confident now she had some 'Super Kindness' powers. They gave her the courage to go and talk to her friend.



Anya told her friend her feelings, bravely and confidently...

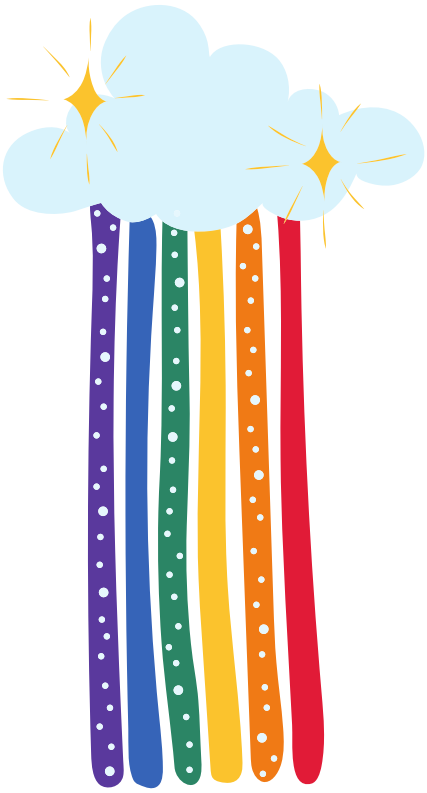
"When you said that I couldn't play,
I felt sad and left out.
I would still like to play cars with you."

Kindness Bear then gave some of his 'Super Kindness Powers' to Samuel... These powers made Samuel feel something wonderful inside, something called empathy, understanding and compassion.

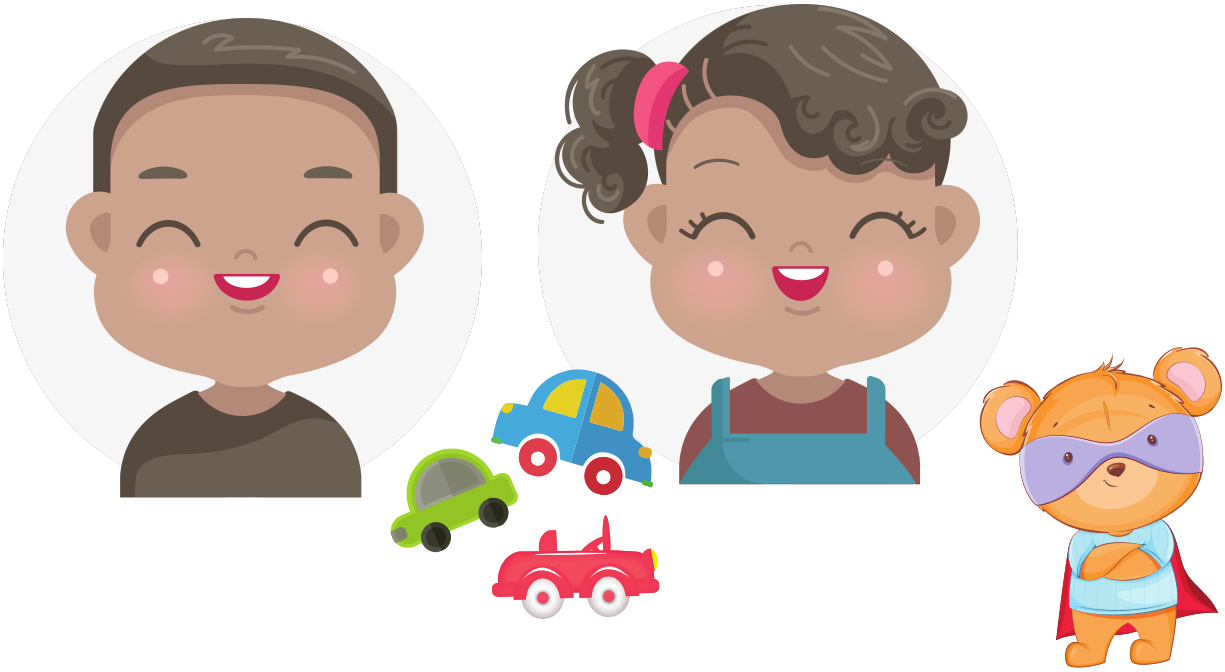


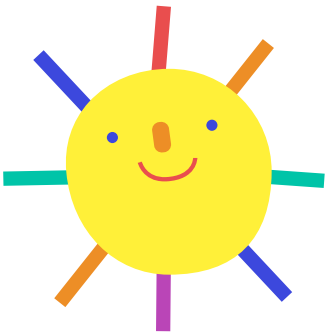
With these new 'Super Kindness Powers', Samuel knew exactly what to do....

"I'm Sorry Anya, I didn't realise that I made you feel that way, let's play with the cars together."

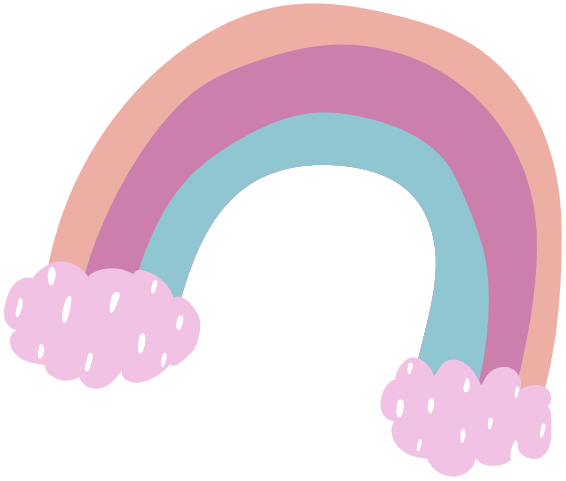


After that, Anya and Samuel laughed and played cars with each other. They both felt very happy inside their hearts. Kindness Bear also felt happy in his heart for helping Anya and Samuel.



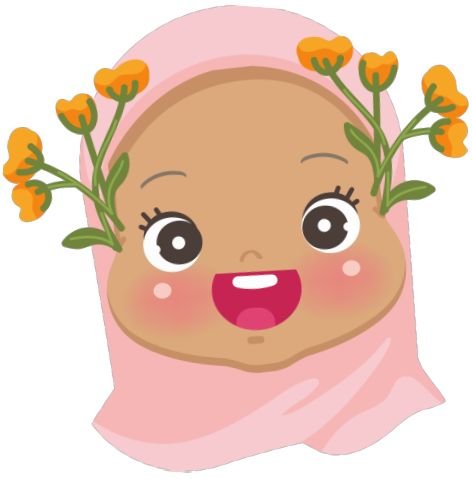


Kindness Bear loved to help others, it made him feel super happy. In fact, every time he helped someone with his 'Super Kindness Powers', his powers grew stronger and stronger and so did his happiness.

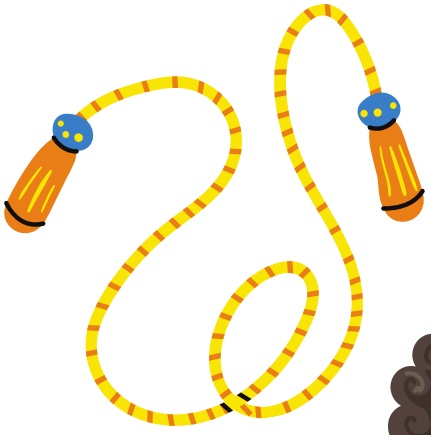


Over the next few days, Kindness Bear helped other children using his 'Super Kindness Powers'...

When Anika was feeling sad about her grandmother being poorly, Kindness Bear gave her the idea to make a 'Get Well Soon' card to cheer her up.



When Adam felt lonely in the playground, Kindness Bear used his powers to give him the courage to look for some friends in the playground and ask if he could join in too.



When Elsie lost her pencil, Kindess Bear gave her the power of persistence and to not give up! She kept trying to find it and eventually she did!

By the end of the week, Kindness Bear felt very happy and proud of himself. He had created SO much kindness simply by helping others discover thier own inner 'Super Kindess Powers!'

I wonder how Kindness Bear would help you in your classroom?

Who would you help with your 'Super Kindness Powers?'

What 'Super Kindness Powers' would you share with your friends?

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