

10 Ways to be Kind and inspire Kindness in others

The Random Acts of Kindness Foundation encourages us to 'Make Kindness the Norm'. With increasing mental health issues in children and young people across Wales and with the added stressors on this generation in terms of social media usage, encouraging kindness has become all the more important.

As Playworkers and Childcare Practitioners, working on the 'front line' with children and young people, we play a vital role in modelling positive behaviours and kindness and providing a supportive, positive environment in which children can grow and thrive. Embedding the United Nations Convention of the Rights of the Child (UNCRC) within your practice, and ensuring that children understand about their rights and the rights of others, will help them to learn about fairness, each other's needs and individual differences.

When practiced enough, kindness can become habitual. But it often takes conscious effort and reflection for some time before this. Here are some ways that you can foster kindness within your Out of School Childcare Club.

1. Pay it Forward. Create a kindness chain, starting with one small act of kindness in Club and encouraging staff and children to keep the chain going.
2. Be conscious. Encourage discussions about kind acts. Perhaps within 'circle time' or once a week when you are having discussions, encourage the children to think about something kind someone has done for them this week (or that day), and something kind they have done for someone else. If they feel comfortable sharing, chat about how this made them/the other person feel and what difference it made.
3. Engage the children in a 'Reasons why' activity. Write each child's name on a piece of paper, with 'Reasons why [name] is great' or a variation on this wording at the top. During the course of the session, each child then writes positive words/anecdotes on the page of each other child (with support from Playworkers if required). At the end of the session, every child has a page full of kind thoughts to take home with them (or you can even use websites to create word clouds to print for each child) – a wonderful keepsake and way of encouraging kindness. This can also work really well as a staff team building/morale building exercise!
4. Celebrate differences and help children to understand about equality and diversity. Conversations around gender identity, anti-racism, additional needs, different family set ups and sexual orientation can feel intimidating, and must always be approached in an age appropriate manner, but there are great books and resources available to encourage inclusivity, kindness and awareness of diversity. It is important that we ensure that Clubs are accessible and welcoming to *all* children and that they are a safe space where children can be themselves, supporting a resilient, kind, politically and socially conscious next generation.
5. Think about fundraising projects and ways that your Club can help those in need. Get the children involved in the whole process, from deciding a charity/cause, planning the activity, creating posters/marketing materials and carrying it out. Read our ['How to Guide'](#) for more information on involving children in fundraising.
6. Create a 'kindness canvas' with drawings/photographs/pictures of as many different acts of kindness as the children can think of. These might be acts of kindness towards other people, towards animals or even towards the environment. If you can, keep the canvas up as a constant reminder of all of the wonderful ways in which we can be kind and have a positive impact on others.
7. Lead by example. If you and other staff members model kind behaviour and kind words when interacting with other adults and with children, then the children in your care will learn from this. Always use respectful language when speaking with children and ensure they feel listened to and valued. Children learn such a lot about how to interact with others by observing adults.

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8. Have a zero-tolerance policy for bullying. Ensure you have robust Anti-bullying and Behaviour policies in place and that any issues involving children or staff/adults are addressed immediately and in an appropriate manner. Our Stepping Out guide in our members area has template policies, and there is also support available through the [National Bullying Helpline website](#). Support children's emotional intelligence by recognising and discussing emotions, particularly when the actions/words of one child has negatively impacted on another.
9. Help to instill kindness in children by developing their nurturing tendencies. This could be through connecting with nature, providing children with potted plants or a space to grow their own fruit/vegetables or flowers and encouraging them to care for this space/plant. Or perhaps you could use a 'club mascot/teddy' and take turns to 'look after' it. This process of caring for an object or a plant can help to develop children's understanding of kindness and supports the transfer of this understanding to their interactions with other people too.
10. Remember it isn't just about being kind to others – it is also important that we learn to be kind to ourselves. Talk about the 'unkind' words that can sometimes be part of our inner monologue about ourselves and encourage children (and staff) to create positive affirmations. Affirmations are positive phrases or statements that you can say to yourself to challenge unhelpful/negative thoughts. Read more about supporting children to develop positive affirmations [here](#).

Useful dates for your diary:

Children's Mental Health Week – February
International Day of Happiness – March 20th
World Day for Cultural Diversity – May 21st
World Kindness Day – November 13th
Anti-bullying Week – mid November

Sources of further support/ information:

<https://www.randomactsofkindness.org/>
https://kindnessuk.com/world_kindness_day_kindness_day_uk.php
<https://inspirekindness.com/world-kindness-day>
<https://www.nationalbullyinghelpline.co.uk/>

10 Ffordd o fod yn Garedig ac ysbrydoli Caredigrwydd mewn eraill

Mae'r sefydliad, Tro Caredig ar Hap, sef The Random Acts of Kindness Foundation, yn ein hannog i 'Wneud Caredigrwydd yn Arferol'. A'r cynnydd mewn problemau iechyd meddyliol mewn plant a phobl ifanc ar hyd a lled Cymru, a'r pethau ychwanegol sy'n achosi straen ar y genhedlaeth yma, o ran y defnydd o'r cyfryngau cymdeithasol, mae annog caredigrwydd wedi dod yn fwyfwy pwysig.

Fel Gweithwyr Chwarae ac Ymarferwyr Gofal Plant, sy'n gweithio yn y 'rheng flaen' gyda phlant a phobl ifanc, rydym yn chwarae rôl hollbwysig yn modelu ymddygiadau cadarnhaol a charedigrwydd, a darparu amgylchedd cefnogol a chadarnhaol lle gall plant dyfu a ffynnu ynddo. Bydd gwreiddio Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn (UNCRC) yn eich arferion, a sicrhau bod plant yn deall ynghylch eu hawliau nhw a hawliau eraill, yn help iddyn nhw ddeall tegwch, anghenion ein gilydd a gwahaniaethau unigol.

O'i arfer yn ddigonol, gall caredigrwydd ddod yn arfer. Ond yn aml mae hyn yn golygu ymdrech ymwybodol a myfyrdod am beth amser ymlaen llaw. Dyma rai ffyrdd y gallwch feithrin caredigrwydd yn eich Clwb Gofal Plant Allysgol.

1. Ei Yrru Ymlaen. Gwnewch gadwyn caredigrwydd, drwy ddechrau ag un tro bychan caredig yn y Clwb, ac annog staff a phlant i gadw'r gadwyn i fynd.
2. Byddwch yn ymwybodol. Anogwch drafodaethau am droeon caredig. Efallai ar 'adeg cylch' neu unwaith yr wythnos pan fyddwch yn trafod pethau, anogwch y plant i feddwl am ryw garedigrwydd y mae rhywun wedi ei ddangos tuag atyn nhw yn ystod yr wythnos (neu'r diwrnod hwnnw), a rhywbeth caredig y maen nhw wedi ei wneud i rywun arall. Os ydyn nhw'n teimlo'n gysurus i rannu, sgwrsiwch am sut y gwnaeth hyn iddyn nhw/y person arall deimlo, a pha wahaniaeth a wnaeth hynny.
3. Anogwch y plant i fod ynglŷn â gweithgaredd 'Y Rhesymau Pam'. Ysgrifennwch enw pob plentyn ar ddarn o bapur, a rhoi 'Y Rhesymau pam fod [enw] yn grêt' neu eiriau tebyg ar y brig. Yna, yn ystod y sesiwn, gall pob plentyn ysgrifennu geiriau/hanesion cadarnhaol ar dudalen pob plentyn arall (gyda help y Gweithwyr Chwarae os bydd angen). Ar ddiwedd y sesiwn, bydd pob plentyn â llond tudalen o feddyliau caredig i fynd adre gyda nhw (neu gallwch hyd yn oed ddefnyddio gwefannau i greu cymylau geiriau i'w hargraffu ar gyfer pob plentyn) - cofrodd hyfryd, a ffordd hyfryd o annog caredigrwydd. Gall hyn hefyd weithio'n dda iawn fel ymarfer meithrin tîm/meithrin morâl ymysg y staff!
4. Dathlwch wahaniaethau a rhowch help i'r plant ddeall ynghylch cyfartaledd ac amrywedd. Gall sgysiau ar rywedd, hunaniaeth, gwrth-hiliaeth, anghenion ychwanegol, ffurfiau gwahanol ar deuluoedd a gogwydd rhywiol beri braw, a rhaid mynd ati i'w trin mewn ffordd oed-briodol bob tro, ond mae llyfrau ac adnoddau ardderchog i'w cael sy'n annog cynwysoldeb, caredigrwydd ac ymwybyddiaeth o amrywedd. Mae'n bwysig ein bod yn gwneud yn sicr fod Clybiau'n hygyrch ac yn groesawgar i *bob* plentyn, a'u bod yn fan diogel lle gall plant fod yn nhw eu hunain, er mwyn cefnogi twf caredigrwydd ac ymwybyddiaeth wleidyddol a chymdeithasol yn y genhedlaeth i ddod.
5. Ystyriwch brosiectau codi arian a ffyrdd y gall eich Clwb helpu'r rhai sydd mewn angen. Ceisiwch gael yr holl blant yn rhan o'r holl broses, o benderfynu ar elusen/achos, cynllunio'r gweithgaredd, creu posteri/marchnata deunydd a'i rhoi ar waith. Darllenwch yr arweiniad yma am fwy o wybodaeth ar gynnwys plant wrth godi arian. .
6. Lluniwch 'ganfas caredigrwydd' yn cynnwys lluniadau/ffotograffau/lluniau o gymaint â phosibl o wahanol droeon caredig y gall y plant feddwl amdanynt. Gallai'r rhain fod yn droeon caredig tuag at bobl eraill, tuag at anifeiliaid neu hyd yn oed tuag at yr

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- amgylchedd. Os gallwch wneud, daliwch i arddangos y canfas fel atgoffiad cyson o'r holl ffyrdd ardderchog y gallwn fod yn garedig a chael effaith gadarnhaol ar eraill.
7. Arwain trwy esiampl. Os ydych chi ac aelodau eraill o'r staff yn modelu ymddygiad caredig a geiriau caredig wrth ryngweithio ag oedolion eraill a phlant, yna bydd y plant yn eich gofal yn dysgu o hyn. Defnyddiwch iaith barchus bob tro wrth siarad â phlant a gwnewch yn siŵr eu bod yn teimlo eu bod cael gwrandawriad, ac yn cael eu gwerthfawrogi. Mae plant yn dysgu cymaint am sut i ryngweithio ag eraill drwy arsylwi ar oedolion.
 8. Byddwch â pholisi dim-goddef o ran bwlio. Gwnewch yn sicr fod gennych bolisiâu Gwrth-fwlio ac Ymddygiad yn eu lle, ac yr eir i'r afael ag unrhyw faterion sydd ynglŷn â phlant *neu* staff/oedolion yn syth ac mewn ffordd briodol. Mae gan ein canllaw, Camu Allan yn ein hardal aelodau bolisiâu templed, ac mae hefyd gefnogaeth ar gael drwy [wefan y Llinell Gymorth Genedlaethol ar Fwlio](#). Cefnogwch ddeallusrwydd emosiynol plant drwy drafod emosiynau, yn enwedig pan fydd pethau y bydd un plentyn wedi eu gwneud/dweud wedi effeithio'n negyddol ar blentyn arall.
 9. Byddwch o gymorth i sefydlu caredigrwydd mewn plant drwy ddatblygu eu tueddiadau i feithrin. Gallai hyn fod drwy gysylltu â natur, rhoi planhigion mewn potiau i blant neu le i dyfu eu ffrwyth/llysiau neu flodau, a'u hannog i ofalu am y lle/planhigyn yma. Neu efallai y gallech ddefnyddio 'masgot/tedi clwb' a chymryd eich tro i 'ofalu' amdano. Gall y broses yma o ofalu am wrthrych neu blanhigyn helpu i ddatblygu dealltwriaeth o garedigrwydd, ac mae'n gymorth i drosglwyddo'r ddealltwriaeth hon hefyd i faes rhyngweithio â phobl eraill.
 10. Cofiwch nad yw hyn ynghylch bod yn garedig wrth eraill yn unig – mae'n bwysig ein bod yn dysgu bod yn garedig tuag at ein hunain yn ogystal. Siaradwch am y geiriau 'angharedig' a all fod yn rhan o'n monolog mewnol ynghylch ein hunain weithiau, ac anogwch blant (a staff) i lunio datganiadau cadarnhau, sef ymadroddion neu osodiadau cadarnhaol y gallwch eu dweud wrthy eich hunain i herio meddyliau nad ydynt o help/sy'n negyddol. Darllenwch fwy am gefnogi plant i ddatblygu datganiadau cadarnhau [yma](#).

Dyddiadau defnyddiol i'ch dyddiadur:

Wythnos Iechyd Meddyliol Plant - Chwefror
Diwrnod Rhyngwladol Hapusrwydd – Mawrth 20^{fed}
Diwrnod Byd-eang Amrywedd Diwylliannol – Mai 21^{ain}
Diwrnod Byd-eang Caredigrwydd - Tachwedd 13^{eg}
Wythnos Wrth-fwlio – ganol mis Tachwedd

Ffynonellau cefnogaeth/gwybodaeth bellach:

<https://www.randomactsofkindness.org/>
https://kindnessuk.com/world_kindness_day_kindness_day_uk.php
<https://inspirekindness.com/world-kindness-day>
<https://www.nationalbullyinghelpline.co.uk/>