

## Year 6 Transition – Thought of the Week (2)

***Week beginning 29<sup>th</sup> June – Kindness***



Kindness is one of the most powerful ways we show that we love and care, for ourselves, others and the natural world. The Gospels show many examples of Jesus showing kindness to all in society. Sometimes a simple act of kindness can be transformational.

**‘We grow in kindness when our kindness is tested.’**

*Archbishop Desmond Tutu*

***This weeks video on Kindness***

<https://www.youtube.com/watch?v=aGwmaz6Uxk&t=4s>

### **PRAY:**

Be thankful for those who have shown you kindness.

Think of others as you say these words:

May you feel safe,

May you feel happy,

May you feel healthy,

May you live with ease.

And be kind to yourself as you say:

May I feel safe,

May I feel happy,

May I feel healthy,

May I live with ease.

Finally ask for guidance and strength to be kind today,

and eyes to see where kindness is needed.

Amen