



# Everyone is Carrying Something



**“Everyone you meet is carrying something you can’t see.”**

Today we are going to think about how we can be kind and understanding at school, even when we don’t know what someone is dealing with.

Sam is usually chatty and helpful, but lately they seem tired and sometimes get cross more easily.

They still try hard at school, but some days it feels harder than others.



# Building a Kind Classroom



Things that help people feel safe at school	Things adults can do to help

# Building a Kind Classroom



## What this might look like for our class

Saying “Do you want to play with us?” to someone standing nearby.

Making sure no one is left out when choosing partners or groups.

Offering help and using kind words.

Smiling or waving at someone who seems alone.

Being patient if someone is having a slow or tricky day.

Listening when someone else is talking.

Helping keep the classroom tidy so it feels calm and organised.



**“We don’t need to know everyone’s story  
to be kind.”**

**Small things we do every day can make  
school feel like a safe place for everyone.”**

**Let's do a mindfulness activity to get us ready for what we are learning next.**

**Using our senses to notice, what can you:**



**See**



**Hear**



**Smell**



**Feel**



**Taste**