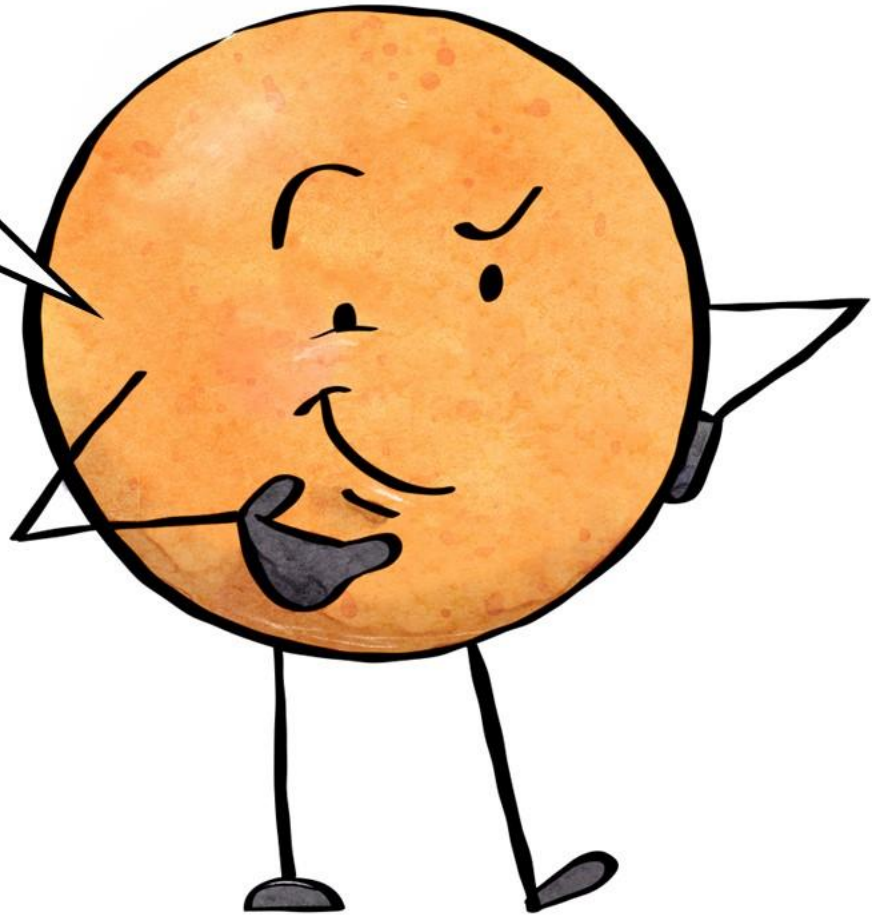
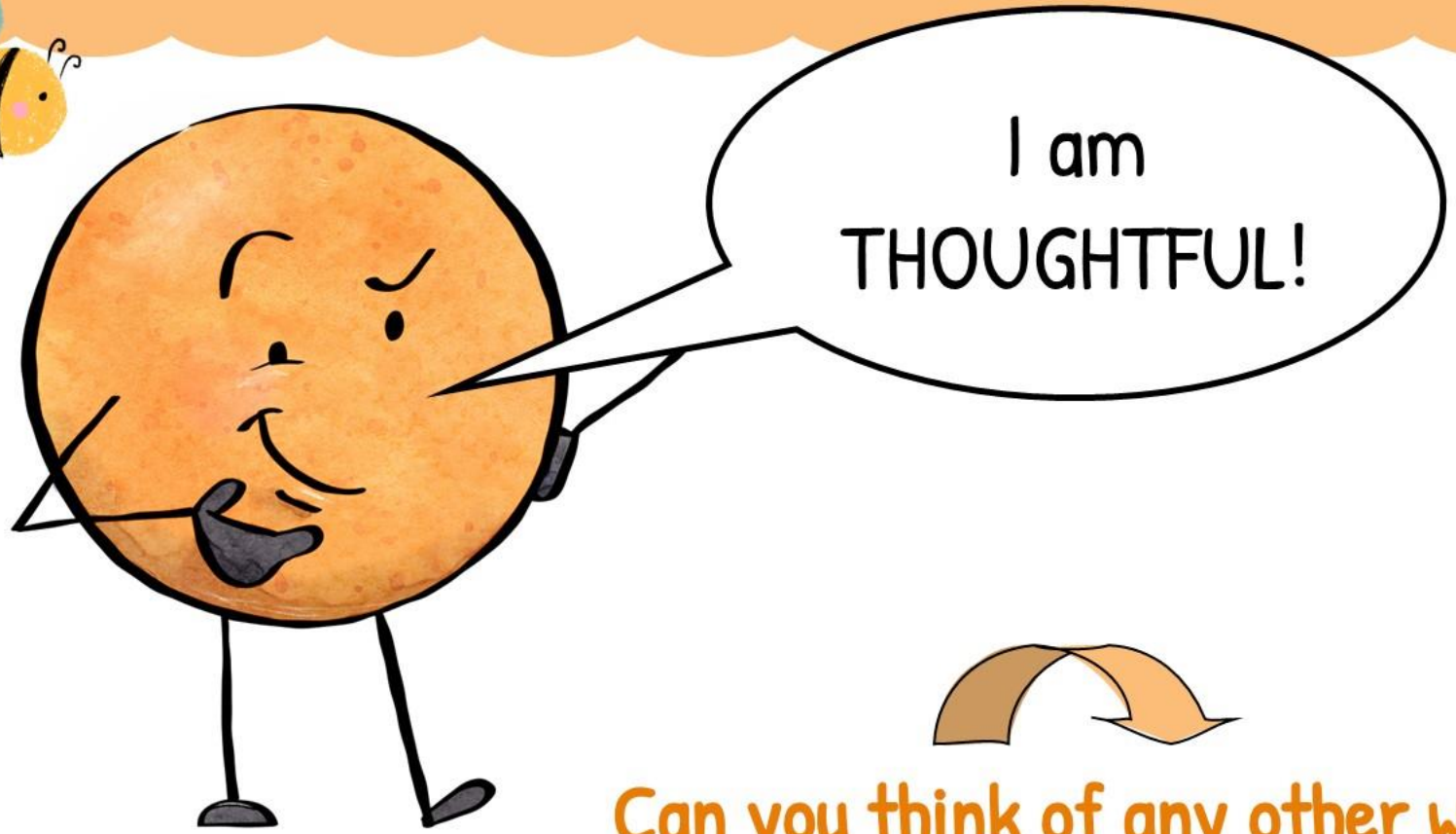
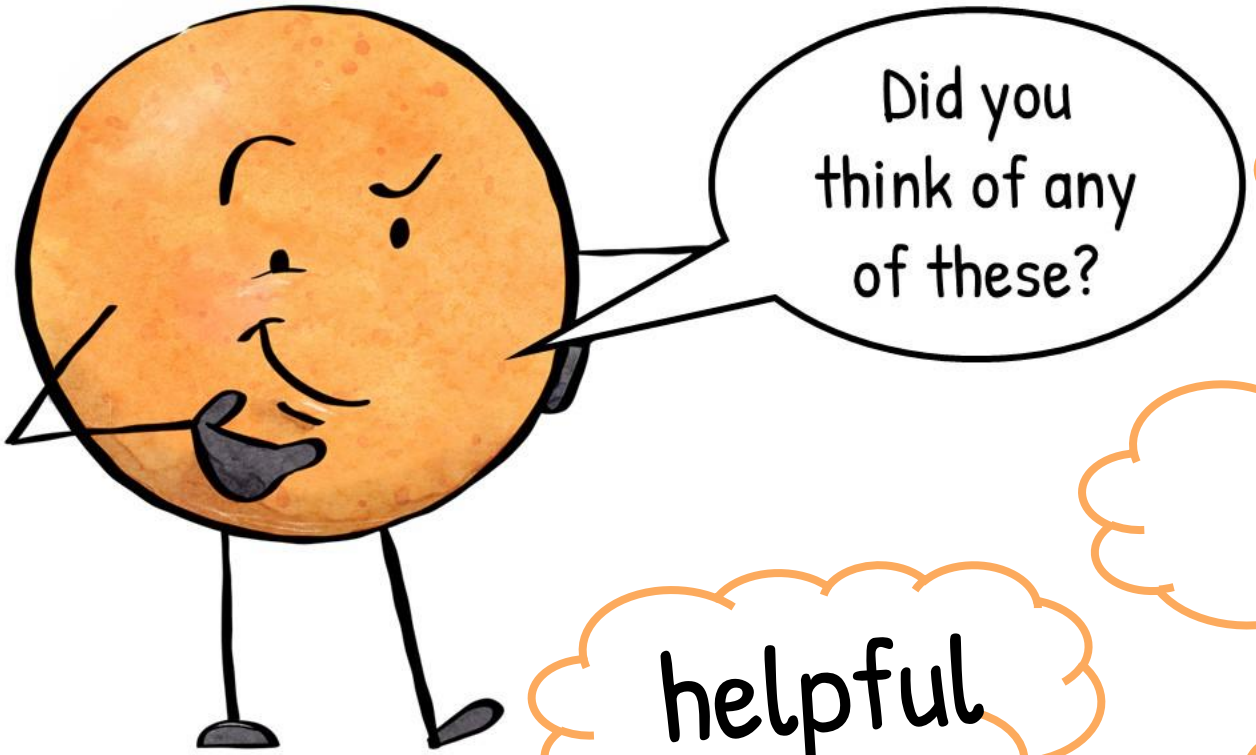


THOUGHTFUL TUESDAY



Can you think of any other words that mean the same or similar to the word 'THOUGHTFUL'?

Words



caring

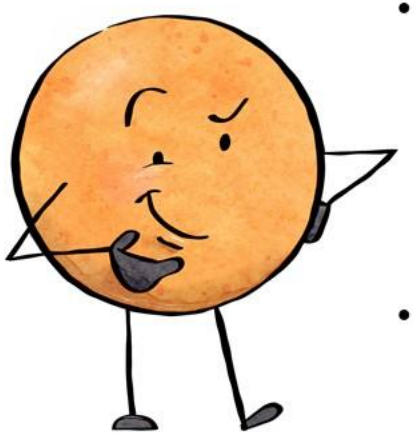
kind

helpful

generous

Can you think of a time when you showed any of these qualities?

Activities



- Today think about how you could make someone else's day better. Choose someone either in your class, in your home or even someone who isn't with you right now.
- Write the person's name on a piece of paper and start using your thoughtfulness skills to think of ideas for making their day better. It could be as simple as a cheery telephone call, a kind message, a video chat, a big smile, helping someone to do something or anything at all that might make that person's day just a little bit better.
- Once you have your list then choose one or two things you could do today. You could do some of the other things another day or choose another person to do this for another day. Thoughtfulness can be great to use every day of the week!
- How did it make you feel being thoughtful and helping to make someone's day a little better?

Feel proud of your thoughtfulness!

Affirmations

I am thoughtful

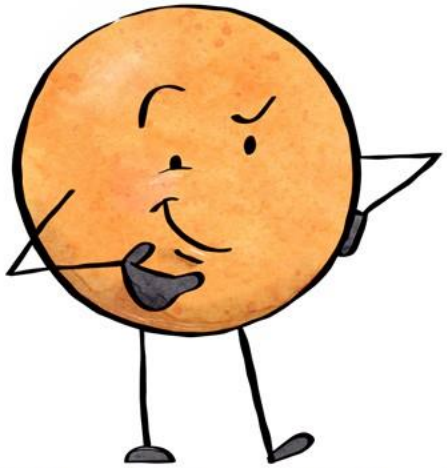
I am kind

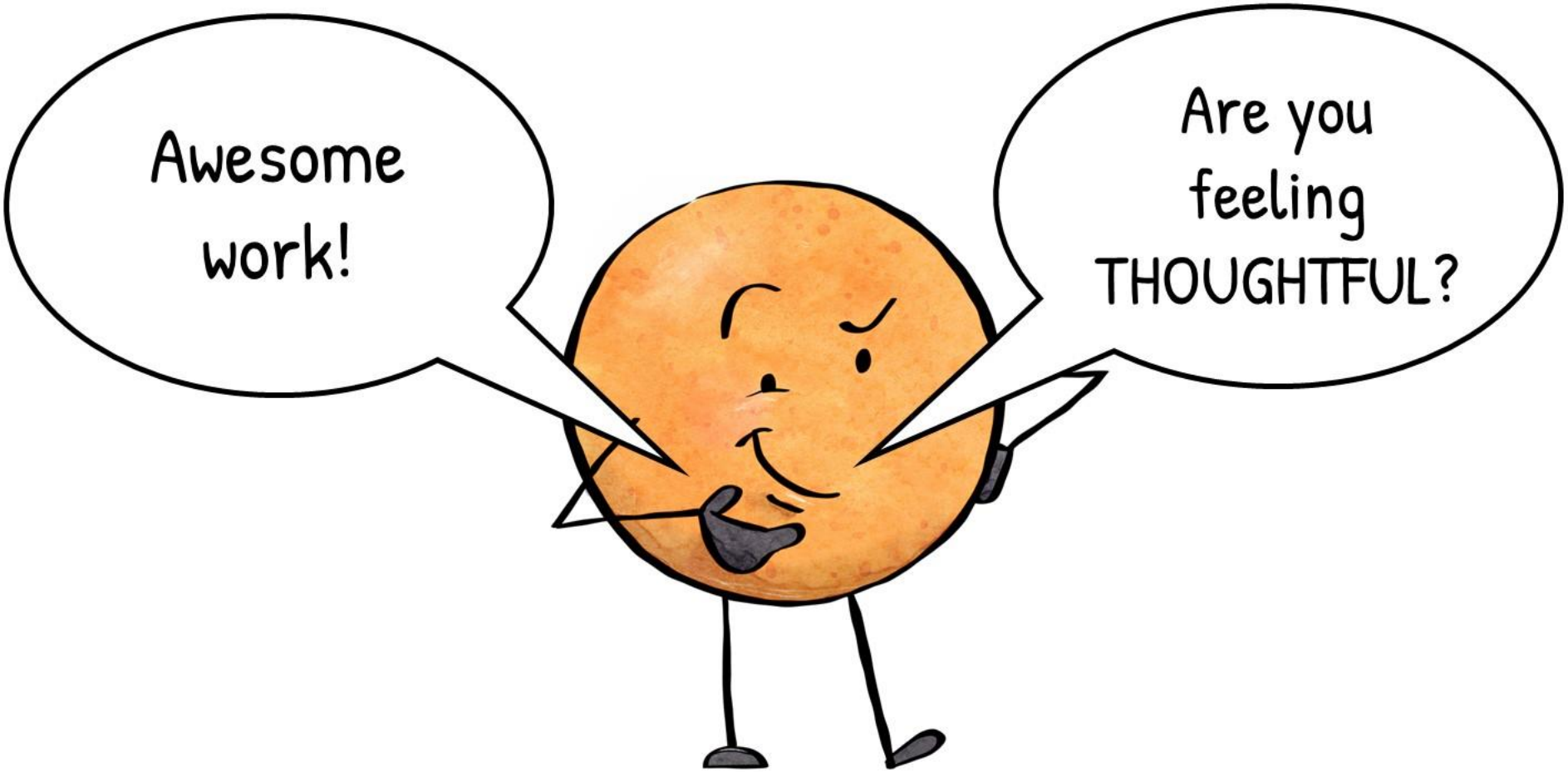
I am caring

I am helpful

I am generous

Look in a mirror and repeat these statements out loud every single day!




Awesome work!
Are you feeling THOUGHTFUL?