



Brought to you by Yoginis Yoga

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Introduction



Being kind is the secret to happiness, it is one of the most powerful forces for good. In a challenging world, kindness brings comfort and strength. Kindness costs nothing, but means everything.

Benefits of practising kindness

- Brain releases Oxytocin (love hormone) - helps us to feel connected, leading to more positive interactions
- Nitric acid - lowers blood pressure and improves heart health
- Serotonin (happy hormone) - improves mood and reduces depression
- Tones the vagus nerve - people with higher vagal tone have better overall heart health, lower levels of inflammation, stronger social bonds and tend to exhibit better emotion regulation
- Enhances good mental health - promotes gratitude and positivity
- Helps anxiety - research has shown that those who perform 6 acts of kindness per week found a significant improvement in mood, relationships and social avoidance

Quotes about kindness

“Kindness is a gift everyone can afford to give”

“Let kindness be your superpower”

“Kindness puts hope in people’s hearts”

“Kind people are my kinda people”

“What makes you the most beautiful person in the world no matter what you look like? Kindness”

“Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool” - *Syed Balkhi*

“Be kinder to yourself. And then let your kindness flood the world”
- *Pema Chadran*

“When you are kind to others, it not only changes you, it changes the world” - *Harold Kushner*

Challenge Card

Key Stage 1&2	Bronze	Silver	Gold
Tasks	<ul style="list-style-type: none"> <input type="checkbox"/> Learn to say the kindness promise and say this together each day for one week <input type="checkbox"/> Colour in the secret to happiness picture (children can display this at home to share the secret) <input type="checkbox"/> Find out what kindness means and see if you can find some synonyms and antonyms <input type="checkbox"/> Use the kindness rainbow to list 7 different qualities of a kind person (colour the rainbow or write in colours to bring your rainbow colourful) <input type="checkbox"/> Think of 3 kind acts that you can do this week (some ideas might be, making your bed, helping set the table, tidying up) 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to say the promise everyday for one week <input type="checkbox"/> Teach the promise a family member <input type="checkbox"/> Colour in the promise to spread kindness everyday picture and display in your window <input type="checkbox"/> Colour and cut out the kindness teller and follow the instructions to play the game <input type="checkbox"/> List ten kind words - see if you can use some of them everyday 	<ul style="list-style-type: none"> <input type="checkbox"/> Continue to say the promise every day for one week (this is now a habit commit to making the kindness promise part of the daily routine) <input type="checkbox"/> Write about a book/news item/film/TV show which highlights kindness <input type="checkbox"/> Draw a picture, make something for someone to show that you care about them <input type="checkbox"/> Award a kindness certificate to someone who you think is kind and why <input type="checkbox"/> Find kindness quotes, pick your favourite and design a poster for your wall to inspire you everyday
Reward	<p>Print and display the bronze certificate in your setting</p> <p>Children can colour and cut out the 'I have a kind heart' band to wear on their wrist</p>	<p>Print and display the silver certificate in your setting</p> <p>Children can colour and cut out the 'I say kind words' band to wear on their wrist</p>	<p>Print and display the gold certificate in your setting</p> <p>Children can colour and cut out the 'I think kind thoughts' band to wear on their wrist</p>
Diamond Award	<ul style="list-style-type: none"> <input type="checkbox"/> Make the promise everyday for a year <input type="checkbox"/> Encourage your class to adopt a kindness scheme to promote kind actions, words and thoughts to earn a kindness guardian certificate at the end of the year <p>You may contact info@yoginisyoga.uk to tell us about your achievement and receive your Diamond certificate</p>		

Introducing Yoga

But not as you know it!



Yoginis Yoga Training Ltd are specialist in children's wellbeing and mental health training.

They combine the latest research in neuroscience and biomechanics to offer techniques which contribute to reducing the physical and mental health issues increasingly faced by our children today. We implement this by training those who work in early years, primary schools and with young people to deliver our unique and tested yoga programme, based on our four key principles K*I*N*D.

Yoginis offer a licensed training programme over 4 levels approved by the CPD Certification Service with the choice of two specialist pathways:

1. Teaching Yoga to Early Years (ages 2-5)
2. Teaching Yoga to KS 1&2 (5-11)

Supportive by membership to The Hive a unique e-learning and resource platform providing continuous support and development to coaches. Study at a time and place to suit you online, training available in-house, subject to location, minimum numbers and availability.

To find out more about Yoginis and how to access their training and in creating happy, healthy, content children fill in an enquiry form on their website www.yoginisyoga.uk

K I N D

Keep it simple | Individuality is important
Nurture | Develop

What others are saying about Yoginis Yoga Training

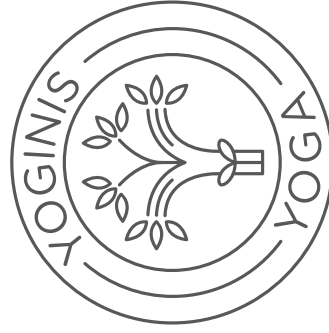
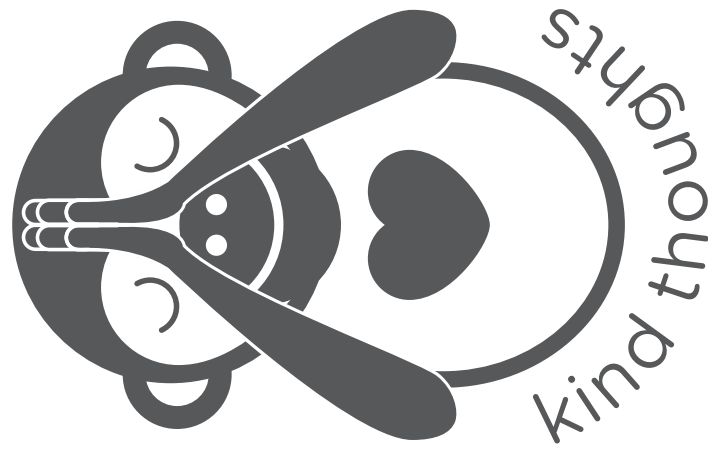
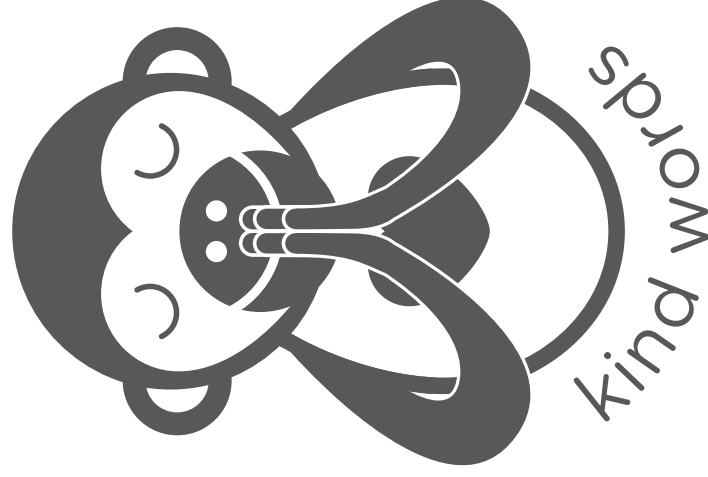
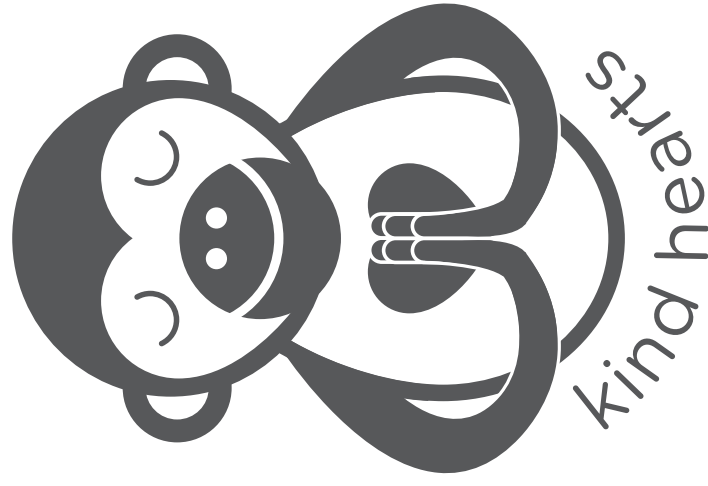
"Our children benefit greatly from yoga sessions, physically it enhances their flexibility, strength, coordination and body awareness. Then in addition, their concentration and sense of calmness and relaxation improves. We use the breathing exercises to calm a child who has become upset. We always talk about our kind hearts – kind words – kind thoughts."

Buttercup Corner Day Nursey, Oldham

"I like how the training links to Statutory framework, British values and Cultural capital for early years."

Starfish Day Nursery, Greater Manchester

The secret to happiness: spread kindness every day



Watch a demo of the Yoginis Yoga promise at
www.yoginisyoga.uk/free-resources and start
spreading kindness today!

Helping educational establishments to build happy, healthy, content
children with easy-to-follow, fun, all-inclusive grab & go yoga programmes

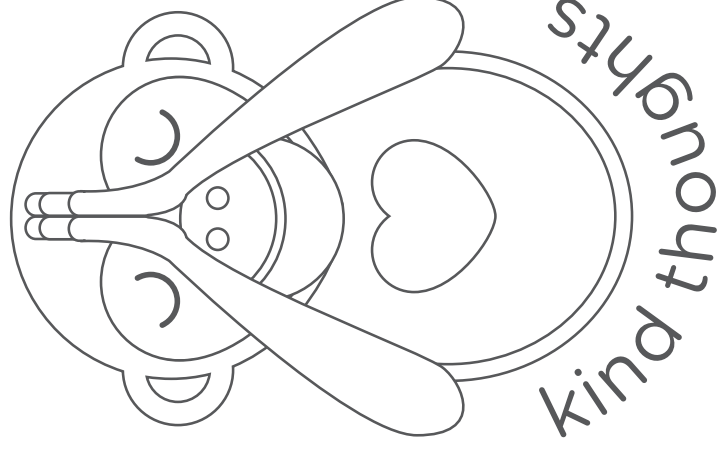
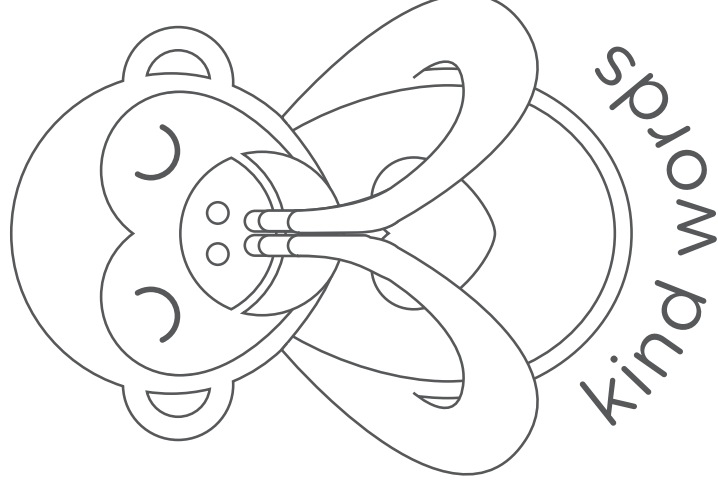
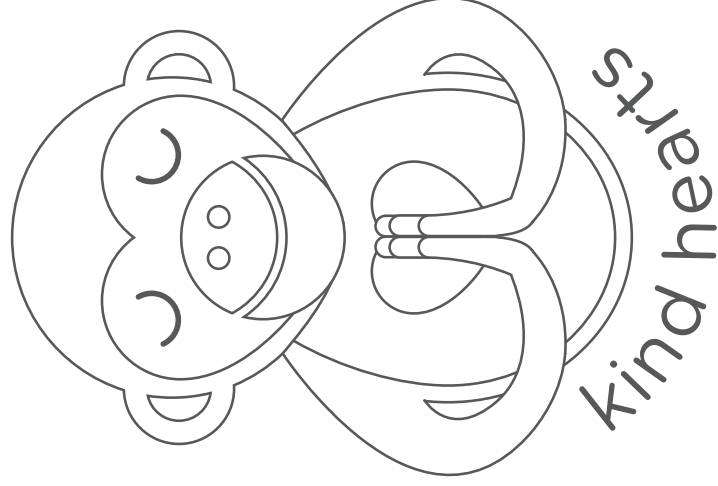
Visit www.yoginisyoga.uk to find out more



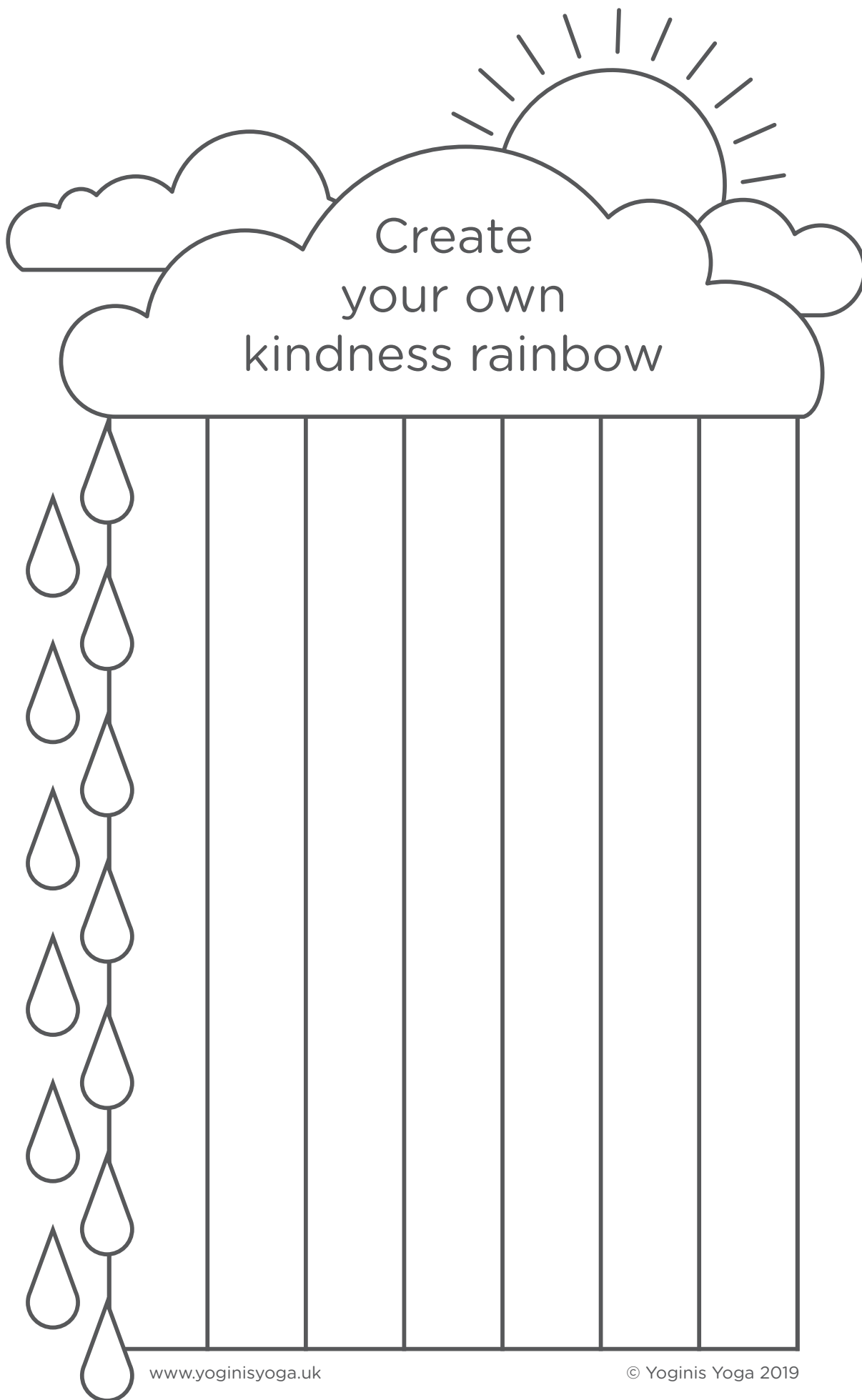
Find us on social media
[@yoginisyoga](https://www.instagram.com/yoginisyoga)

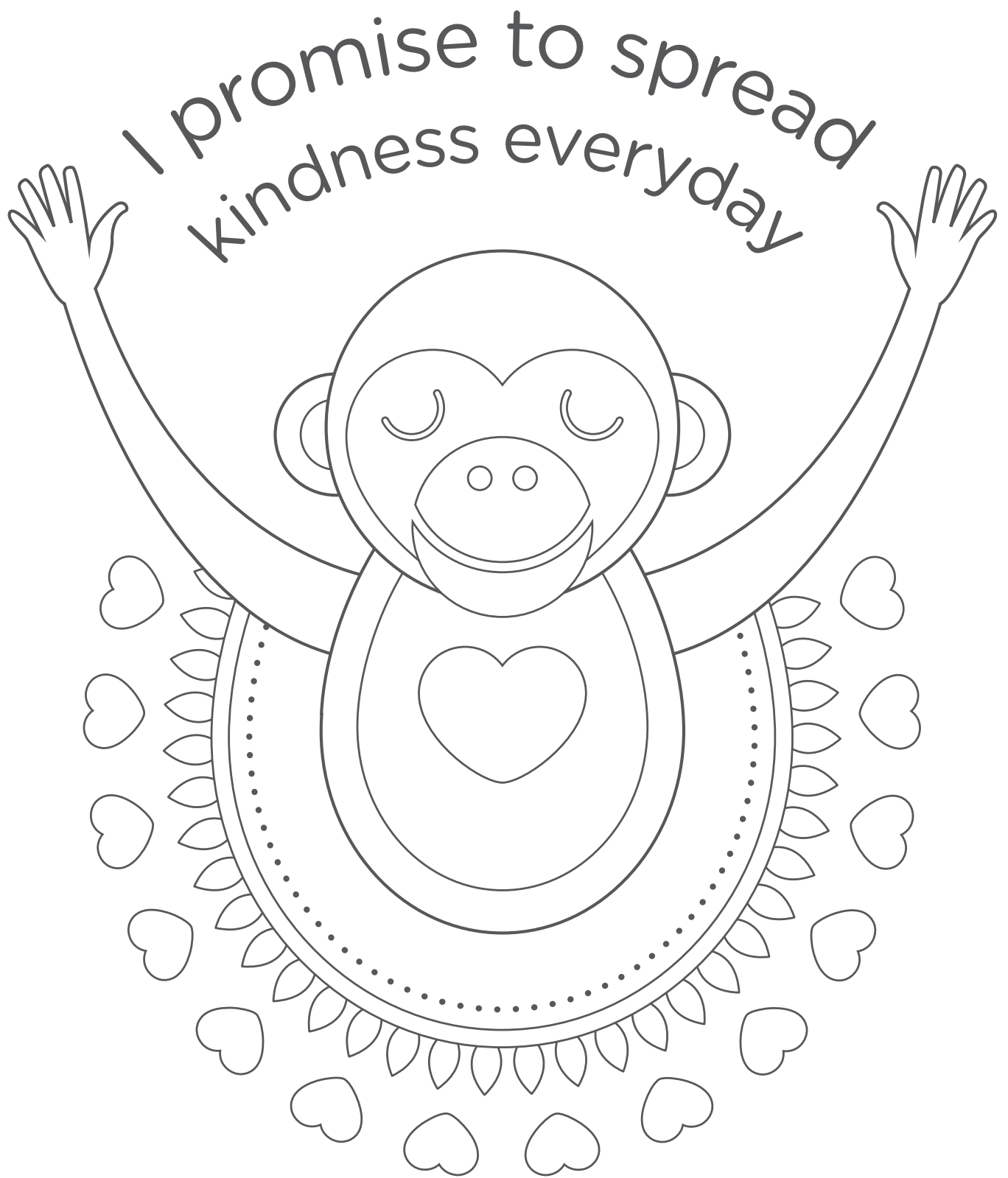
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The secret to happiness:
spread kindness every day



Make the Yoginis Yoga
promise every day





Kind Heart Bands



I have a kind heart



I have a kind heart



I have a kind heart



I have a kind heart



I have a kind heart



Kind Words Bands



I say kind words



I say kind words



I say kind words



I say kind words



I say kind words



Kind Thoughts Bands



I think kind thoughts



I think kind thoughts



I think kind thoughts



I think kind thoughts



I think kind thoughts



Kindness Bands



I have a kind heart



I say kind words



I think kind thoughts





THIS IS TO CERTIFY

achieved a BRONZE award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk



THIS IS TO CERTIFY

achieved a SILVER award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk



THIS IS TO CERTIFY

achieved a GOLD award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

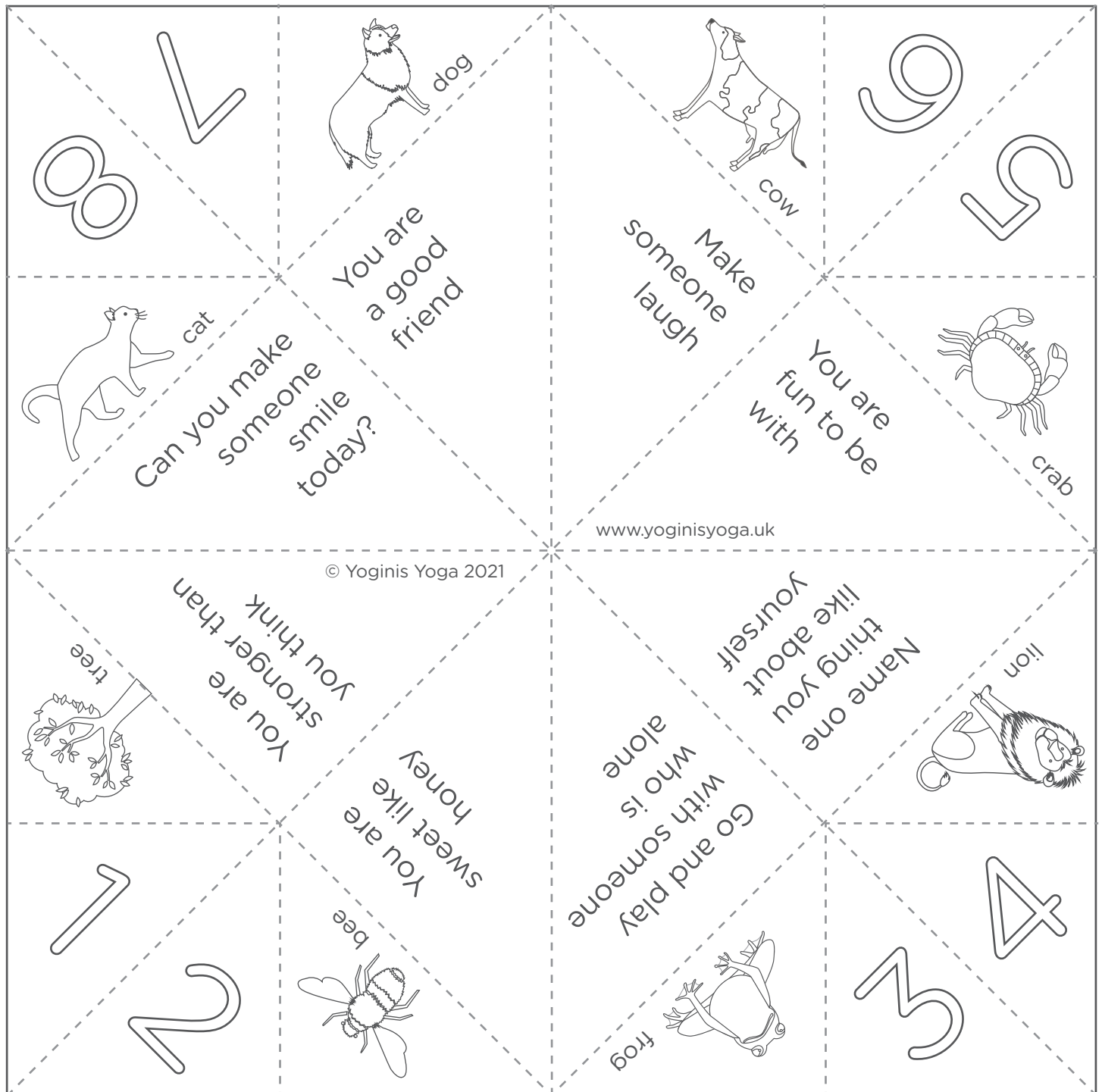
K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk

The Kindness Teller

Use the Kindness Teller as a way of thinking about how you can be kind to yourself and others.



How to make your Kindness Teller:

1. Cut out the Kindness Teller and turn it face down.
2. Fold each corner towards the centre so the numbers and animals are facing you.
3. Turn over again and fold each corner into the centre, so the animals are visible.
4. Fold in half, so the animals are touching and the numbers are on the outside.
5. Open and fold in half the other way.

6. Insert your thumb and first finger of each hand (in a pinching motion) under the number flaps.
7. Close the Kindness teller so only the numbers show.

TO USE

Pick a number and open and close the kindness teller that number of times. Then pick an animal and open that flap. Read what it says aloud.





This Kindness Award is given to

for

Awarded by



Congratulations

you are a
kindness guardian



S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk