

Academic Tutorial: Kindness Postcards



Wellbeing Tutorial

Session Length: 30mins-45mins

Aims:

- To give students the opportunity to discuss acts of kindness within their class by communicating their outlooks and opinions on wellbeing. Encouraging openness and important discussions among classmates.
- To demonstrate the importance of choosing to be kind, students will develop their understanding of how being kind can make you feel and how it can positively impact others.

Set Up:

Set out postcard templates for students – ensure you have enough printed for extras. As well as a selection of coloured pencils and pens.

Optional – if you are using iPads and Apple Pencils, ensure they are fully charged and set up before the session.

Equipment:

- Card/paper
- Pens
- [Postcard Template](#)
- Coloured pencils and craft materials, to decorate.
- Optional – iPads and Apple Pencils for digital drawing.
- Optional – Procreate for digital drawing.
- Optional – [Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (15mins):

Optional - ask students to complete a digital intro form.

Start the session with a group discussion, ask the class: Can you think of a time when you chose to be kind? Describe it to a classmate. What motivated you to be kind? What was the impact of your kindness?

Set off the students with a thinking task, ask them to: Think about someone in your family, your friendship group, or your class. You may even want to think of someone else, for example someone who is an elderly relative, or someone who lives alone. Consider the challenges that your chosen person faces in their daily life, from the very small things to the bigger things.

Task 1 (10-15mins):

Write a Kindness Postcard to brighten your chosen person's day and help them feel more connected to the community. Write your message on one side and on the back of the postcard, draw something that will make your chosen person smile.

Allow students to use coloured pencils and art pens to create a design.

Task 2/Optional Task (10/15mins):

Optionally, allow students to use iPads and Apple Pencils to create a digital illustration or scan in their sketch and add to it using Procreate.

This could also be done using computers and Adobe Illustrator.

Task 3 (10mins):

Once you are happy with your postcard, you are free to take it and give it to the person you intended. If you wrote your postcard for a member of a care home, you could drop it off by hand. Otherwise, write the care home address, fix a stamp and send the postcard through the post.

Afterwards, lead a group reflection on how taking part in this activity has made you feel. Has it had an impact on your wellbeing?

Optional - students will now be asked to complete a digital exit form for feedback on the session.