



# KINDNESS IS CATCHING POEM

relax Kids

Mummy said kindness is catching  
But I didn't know what she meant  
I thought we were trying not to catch things  
Everywhere that we went

I have to go back to school, Mummy says  
But it won't be the same as before  
I might not be with my teacher  
There'll be tape all over the floor!

I won't be allowed to wander around  
I'll have to stay sat in my seat  
I might not be in my classroom  
And she's not sure where I'll eat

My Daddy says I can't give out hugs  
I have to give everyone space  
I might not be with my teacher  
And I must not touch my face

So I said 'Back to school sounds scary,  
I don't think I want to go'  
And Mummy said 'Listen sweetheart,  
There's something I want you to know.'

You will probably all feel a bit wobbly  
Children and teachers too  
As strange as it will be for you all  
There IS something you can do

Smiling and laughing with others you see  
Doesn't need you to be close by  
Even from two whole metres away  
You can still say a friendly 'hi'

You can say 'Well done!' You can say 'Great  
idea!'

You can say 'You're a good friend to me!'  
And even from all the way over there,  
You can help others feel so happy

Smile at the children who pass by you  
Tell them 'Everything's going to be fine'  
Say 'Even though your face is sad,  
Please share the smile on mine'

If someone is crying and feeling upset  
They want to go home for a cuddle  
Remind them of all the friends they have  
In your lovely little bubble

You can make sure that your teacher  
Knows just how lucky they are  
To have you in their special team  
What a superstar!

Sometimes in life things shift and change  
It's tricky when they do  
But how you handle the ups and downs  
Is totally up to you

You might feel sad and it might feel odd  
But only at the start  
For you can make a difference to all  
With the goodness in your heart


So now I see that even though  
We're trying to not catch infections  
There are lots of ways I can have a good day  
By making special connections

It's hard when stuff happens that we can't  
control  
It's scary to lose our way  
But now I know that I CAN change the  
world  
With the things that I do and say

We're all in this together  
And we don't know what's to come  
But for now I want to be the one  
Who helps others have lots of fun

Mummy says kindness is catching  
So even if my wellbeing is low  
I'm going to spend every day from now on  
Helping the kindness to grow

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