



Be Kind

The compassionate curriculum teaching empathy and understanding

Our 'Be Kind' schools programme, allows young people to explore and better understand the symbiotic relationship between dogs and our own positive mental wellbeing.

We aim to help young people develop the following skills:



Empathy



Compassion



Kindness



Understanding

To sign-up to deliver the 'Be Kind' programme at your school, please complete the form on our [website](https://www.wildatheartfoundation.org) or contact our education team: education@wildatheartfoundation.org

We will be expanding our offer to reach other education audiences including SEND, secondary and international groups. Please get in touch if you would like to help us to continue to shape the 'Be Kind' programme.

The development of this programme has kindly been funded by Manolo Blahnik.

MANOLO BLAHNIK

Programme Overview

- Designed for KS2 students
- Linked to the National Curriculum
- Free to sign-up and take part
- 5 workbooks with various lesson plans and activities
- Approximately 10 hours of content
- Students will develop key skills in empathy, compassion, kindness and understanding, whilst learning about the positive impact dogs can have on our lives
- Support from Wild at Heart Foundation education team in delivering the programme

Workbooks

- Workbook 1** Be Kind
- Workbook 2** Exploring Emotions
- Workbook 3** Understanding Emotions
- Workbook 4** Helping our Wellbeing
- Workbook 5** Kindness in Action

Curriculum Links

- PSHE** Health and wellbeing
- English** Reading and writing; speaking and listening
- Science** Animals including humans

