

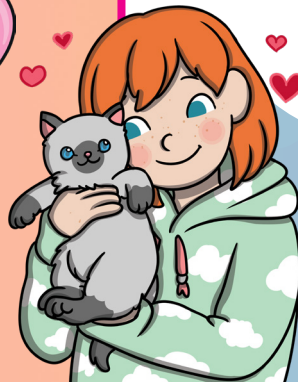
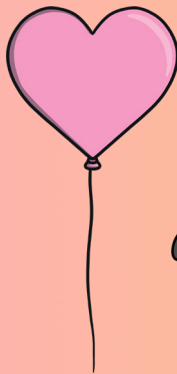
# A Recipe for Kindness

## What you need:

A sprinkle of love.  
A warm embrace.  
A reassuring smile.  
A helping hand.  
A few warm words.  
A dash of understanding.

Throw in a please,  
some thank yous too  
and even hold a door.

There are many kind ingredients  
so I'm sure you'll think of more.

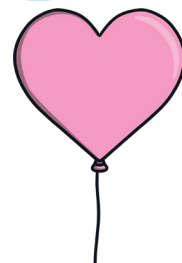


## What to do:

Mix all of these together  
and plant them like a seed.  
Plant them in your heart and mind  
to use as a good deed.

You will know when it is time  
to brighten someone's day.  
Your random act of kindness  
will go a long, long way.

Turn a frown into a smile  
or even dry a tear.  
Then, chase away a worry  
or even banish fear.



Yes, kindness is a virtue.  
It's mighty but it's small  
and it can make a difference.  
It's the greatest gift of all.  
So don't be afraid to use it,  
make the world a better place.  
Sprinkle acts of kindness  
to help the human race.

# Questions

1. How many warm words do you need? Tick one.

- ☐ a lot
- ☐ a few
- ☐ a hundred

2. What do you need to do with all the ingredients? Tick one.

- ☐ Mix them all together.
- ☐ Whisk them all together.
- ☐ Beat them all together.

3. **A sprinkle of** \_\_\_\_\_.

What is the missing word? Tick one.

- ☐ hugs
- ☐ smiles
- ☐ love

4. Which of the following words rhymes with **day**? Tick one.

- ☐ deed
- ☐ way
- ☐ time

5. Look at the last verse of the poem.

What will kindness do to the world? Tick one.

- ☐ Make it a kind place.
- ☐ Make it a bad place.
- ☐ Make it a better place.

# Answers

1. How many warm words do you need? Tick one.

- ☐ a lot
- ☒ **a few**
- ☐ a hundred

2. What do you need to do with all the ingredients? Tick one.

- ☒ **Mix them all together.**
- ☐ Whisk them all together.
- ☐ Beat them all together.

3. **A sprinkle of** \_\_\_\_\_.

What is the missing word? Tick one.

- ☐ hugs
- ☐ smiles
- ☒ **love**

4. Which of the following words rhymes with **day**? Tick one.

- ☐ deed
- ☒ **way**
- ☐ time

5. Look at the last verse of the poem.

What will kindness do to the world? Tick one.

- ☐ Make it a kind place.
- ☐ Make it a bad place.
- ☒ **Make it a better place.**

# Questions

1. Which word is used to describe the embrace at the beginning of the poem? Tick one.

- ☐ hot
- ☐ cold
- ☐ warm
- ☐ cool

2. Number the boxes 1-3 in the order that they are written in the poem.

- ☐ and even hold a door.
- ☐ A sprinkle of love.
- ☐ Throw in a please,

3. Circle one word that means 'great power or strength'.

*It's mighty but it's small and it can make a difference.*

4. Look at the last verse of the poem. Find and copy one word that means the same as 'scared'.

\_\_\_\_\_

5. Fill in the missing word.

Turn a frown into a \_\_\_\_\_ or even dry a tear.

# Answers

1. Which word is used to describe the embrace at the beginning of the poem? Tick one.

- ☐ hot  
☐ cold  
☒ **warm**  
☐ cool

2. Number the boxes 1-3 in the order that they are written in the poem.

- 3** and even hold a door.  
**1** A sprinkle of love.  
**2** Throw in a please,

3. Circle one word that means 'great power or strength'.

*It's mighty but it's small and it can make a difference.*

**Award 1 mark for:**

• **mighty**

4. Look at the last verse of the poem. Find and copy one word that means the same as 'scared'.

**afraid**

5. Fill in the missing word.

Turn a frown into a **smile** or even dry a tear.

# Questions

1. What is the fourth ingredient in the Recipe for Kindness? Tick one.

- ☐ A few warm words.
- ☐ A sprinkle of love.
- ☐ A helping hand.
- ☐ A warm embrace.

2. Number these lines from 1-4 in the order that they are written in the poem. The first one has been done for you.

- ☐ There are many kind ingredients.
- ☒ 1 A dash of understanding.
- ☐ Turn a frown into a smile.
- ☐ Mix all of these together.

3. Where do you have to plant all the mixed-up ingredients?

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4. Look at the verse that starts with **Turn a frown into a smile...**  
Find and copy one word that means 'to send something away'.

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5. Can you think of another kind ingredient for this poem?

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6. How does this poem make you feel?

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# Answers

1. What is the fourth ingredient in the Recipe for Kindness? Tick one.

- ☐ A few warm words.
- ☐ A sprinkle of love.
- ☒ **A helping hand.**
- ☐ A warm embrace.

2. Number these lines from 1-4 in the order that they are written in the poem. The first one has been done for you.

- 2** There are many kind ingredients.
- 1** A dash of understanding.
- 4** Turn a frown into a smile.
- 3** Mix all of these together.

3. Where do you have to plant all the mixed-up ingredients?

**You have to plant all of the mixed-up ingredients in your heart and mind.**

4. Look at the verse that starts with **Turn a frown into a smile...**  
Find and copy one word that means 'to send something away'.

**banish**

5. Can you think of another kind ingredient for this poem?

**Pupils' own responses, such as: A minute of your time.**

6. How does this poem make you feel?

**Pupils' own responses, such as: This poem makes me feel thoughtful as it makes me think about different ways that I could be kind to people.**