

Gubyllub

RECIPE FOR BEING KIND

“Love yourself and other’s too and that’s the best that you can do.”

Write your recipe for being kind in the template provided or create your own recipe card then display your recipe where you can see it regularly to remind yourself of your plan to be kind. Like any great recipe you may even like to share your recipe.

Ingredients - What do you think are the ingredients for kindness?

The Gubyllub has brainstormed some ideas below. You may like to use some of these for your recipe or come up with your own!



Ingredients – how can you be kind to yourself?

You may also like to include how you can be kind to yourself in your recipe like Rose did in The Gubyllub book. You might like to use the ideas below or have some of your own to include in your recipe too.



- Do things that bring you joy such as a hobby or spending time with people that make you feel good.
- Make friends with those parts of yourself that you do not like. Try to think of a positive spin, like Rose did with being small.
- Speak to yourself with kindness

Method - How will you use your ingredients to be kind?

For example:

- If someone looks lonely, I will invite them to play.
- I will use kind words and think about other people's feelings before I speak.

Roses example from The Gubyllub book:



Recipe for being kind

"Love yourself and others too and that's the best that you can do!"

Ingredients for kindness:

If I am happy in myself, I will be kind to others. When people tease me for being small, I will focus on all the great things that come with being small.
My granny says that all the best presents come in small parcels!
Being small means I am good at hide and seek. I can fit into tiny hiding places.
Being small can be my superpower.

Method.

I will practice being kind to myself and others every day and serve with a smile.

By Rose, Age 7.

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“Love yourself and others too and that’s the best that you can do.”

Ingredients for kindness:

Method:

