

# In Colour

**Purpose:** Learn the importance of kindness and showing an interest in others when getting to know them.

**Learning Focus:** Relationship Building

Discuss the questions on the next few pages with a partner or your group before you read the book

1. When you want to get to know someone new what do you do?

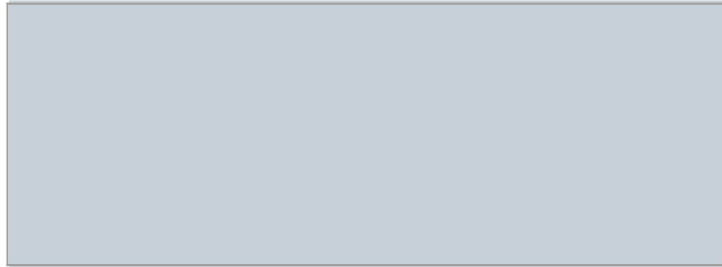


2. How do you like your friends to treat you?

3. How important do you think being kind is when you are getting to know someone?



4. Why is it important to be kind when you are getting to know someone?



# Get Ready!

**In this story Grace and her Grandma show kindness and interest in each other in lots of ways.**

In Colour E-book



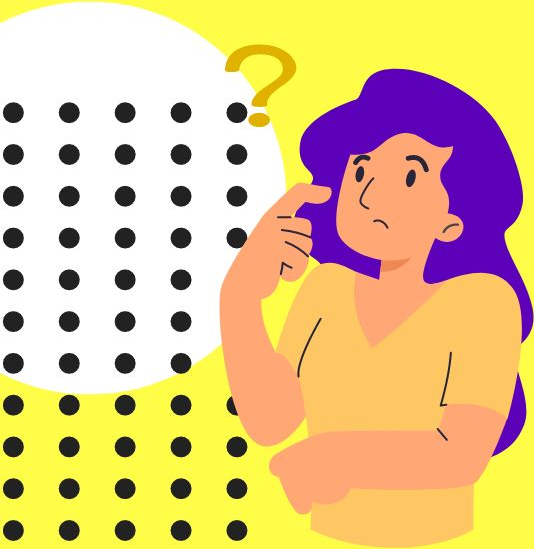
Read the e-book  
and discuss  
these questions  
with your buddy  
or group:



1. How can you tell Grandma and Grace are friends? Hint: Read p.10 carefully and think about what Grace and grandma say, do and think.

2. Why couldn't Grace contemplate (think about) Grandma not getting better?

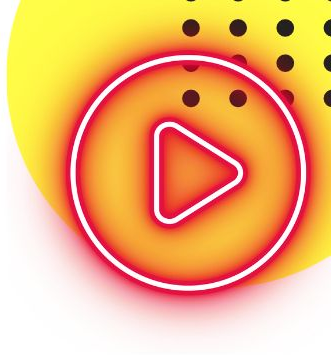
Read the e-book  
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3. How can you tell that Grace's Mum really cares for her mother (Grandma)?

4. How did Grace show kindness to and an interest in Grandma and how did Grandma show kindness to and an interest in Grace?

In this short video we learn about 3 things we all need and 3 simple things we can do to show interest in and kindness to others.





Watch the video  
and discuss these  
questions with  
your buddy or  
group...



1. Why do you think it is important that each one of us is loved, valued and seen?

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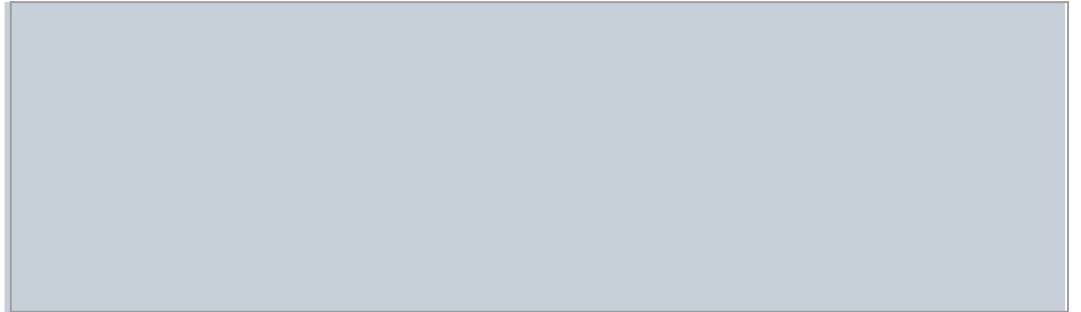
2. What do you think 'being seen' means?

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3. Explain what you think 'check, connect and reflect' mean? Share some examples of how you could do these 3 things.

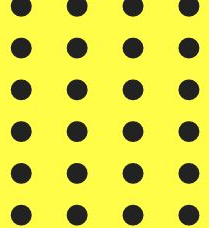


4. How did Grace and Grandma 'check, connect and reflect' in the story you read?





# My Thinking Coaches



Here are a couple of 'Thinking Coaches' that may help you. Are there any thinking coaches you want to add to your Personal Thinking Coaches Journal? If so, do it now...

**"Taking an interest in someone helps me get to know them."**

**"Being kind is very important."**

**"Thinking about what I can do better will help me be a good friend."**



Now it's time to put your  
Thinking Coaches into action...



In this activity you are going to think about how you  
can make a friendship you have even better.

## STEP 1:

Think about a friend you have who you have not done much with lately or one you would like to get to know even better.

- What are they interested in?
- What could you do to show you are interested in them?
- How can you make them feel 'loved (cared for), valued (of worth) and seen (noticed by others)?



## STEP 2:

Decide what you would like to do with them. It could be at school, after school or at the weekend (check with Mum and/or Dad first if what you want to do is outside of school hours).





### STEP 3:

#### Check

For example you could:

- Arrange to play a game they like at interval or lunchtime.
- Do an art activity together (ask your teacher first!)
- Have a sleepover.
- Go to a movie, the park or the swimming pool.
- Or you could just have a good korero (talk).

## STEP 4:

### Connect

Either make an invitation card or ask them face to face and have lots of fun doing whatever you have organised.

## STEP 5:

### Reflect

How has what you did helped you get to know this friend just a little bit better? How has it helped build your friendship?





# Extra for Experts

You are going to think of  
someone you don't know  
but would like to get to  
know...



### Step 1:

Once you have decided who you would like to get to know, have a chat with them to find out what sorts of things they are interested in.

### Step 2:

Now follow the steps in the first activity.



### Step 3:

Hint: It is always possible that the first person you approach may not be interested in getting to know you and will be honest about that.

Hopefully they will be kind about it as well! Be brave! If this happens don't be put off trying someone else. Not everyone will want to be your friend and you won't always want to be someone else's friend and that is okay.





# Reflection Time

3. Which Thinking Coach is your favourite?  
Have you added this to your Thinking  
Coaches Journal?

