The Golden Rule

There are many groups of people in the world and that lots of them have a rule that is very important. Although each group uses slightly different words to say the rule, the meaning of the words are very similar indeed. Look at these rules for different religions: Can you work out what the message of the rule actually is.

**Christianity**: Love your neighbour as yourself.

**Humanism**: Treat other people as you’d want to be treated in their situation; don’t do things you wouldn’t want to have done to you.

**Judaism**: What is hateful to you, do not do to your neighbour.

Although the words are different for all three of the rules, they are basically saying the same thing: It is important to think about how we treat others. We should think about how we would like to be treated and make that a guideline for how we treat other people.

I want you to think of acts of kindness you could do for others. You may have heard of ‘paying it forward’ asking the recipients to pay the kindness forward instead of paying it back. Can you come up with 7 ways to pay it forward? One example might be putting notes out for your parents telling them how much you appreciate what they do for you.

Look at these sentence starters can you come up with ideas to finish each one off?

 (A) One example of a kind deed I could do for someone is...

(B) If someone did this for me, it would make me feel...

(C) Three different ways in which I could ‘pay forward’ this kindness to others might be by...

(D) If everyone passed kind deeds on to others...

• Remember that the Golden Rule helps people to be kind and unselfish.

I want you to create a rainbow of kind and unselfish tasks one for each colour. See template below.

How do these rules or acts of kindness make our world a better place?

Can you think of any acts of kindness from the bible?