Posted on November 21, 2022

Sharing kindness

Sunday 13 November was 'World Kindness Day' which we celebrated at Woodstock Residential Care Home by creating a display full of our lovely residents' comments.

> *We asked our ladies and gents:*
>
> *What does kindness mean to you?*
> *What has someone done for you that is kind?*
> *What other word could be used for kindness?*

We had some really **heart-warming comments** and were able to **reminisce on some touching moments** throughout our residents' lives when individuals had been kind to them and they passed it on.

> *Here are a few examples of what our residents said 'kindness' meant to them:*

> *"Doing everything for everybody and helping people"*
>
> *"Something that makes you smile"*
>
> *"It means everything to me to be kind"*

Their beautiful thoughts are now displayed in our lounge for everyone to read.

Games and quiz

Our residents have also been busy enjoying a variety of activities to stimulate the mind including **colouring** and **playing dominoes**.

We hosted a fun **A to Z quiz about food** which got everyone thinking! We have displayed our answers in the dining room for everyone to look at.