



The power of kindness calendar

Supporting activities for learners aged 7 to 11

This document supports the **power of kindness calendar** to provide ideas of kind acts and activities children can do at home. By including learners in the creation of ideas you can have fun together thinking of ways to be kind. Sharing ideas and drawing inspiration from social media and the news can also help stimulate ideas. At the end of the week or month, you can look back at the calendar to see all you have achieved.

1. What does kindness mean?

Discuss what the word kindness means. Draw a mind map and write down some words related to kindness. How does kindness make them feel? Write or draw what kindness means.

2. Five kind acts

Encourage learners to think of five kind acts they can do over the next few weeks. Perhaps they will be more helpful at home, be kind to a sibling or pet, or see how they could support a good cause.

Remember by staying at home as much as possible you are all helping save lives - this could be one of their kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you all have to go outside, are all acts of kindness.

Use the **record card** helps children decide on five kind acts that they'll each do during the month. They can use this to look back on all they have achieved.

3. Doing helpful things

How could learners be helpful around the home? Could they keep their bedroom tidy, help lay or clear the table or put the washing away? Children can ask themselves: How did it feel to be kind? What did it mean to the person you were helping? What might you do next?

4. Being kind to yourself

Think of ways your household or group can be kind to themselves. This could be continuing to do things that make them happy. Ask your children to write or draw things they like doing and can still do while isolating, such as listening to or playing music, drawing or speaking to friends on the phone.

5. Ways to cope

Being calm in a crisis can mean we are able to support others. For example, use the breathe with colour activity to help children breathe deeply and slowly so they can stay calm if they ever feel worried or upset. Help children think of a colour for relaxed feelings (like the warm golden sun) and one for 'not so good' feelings (like grey, the colour of a rainy day). You may wish to discuss how the colours make them feel and then

practice it together - breathing in with the good colour... out with the bad colour.

For more ideas and information of coping strategies look at our resources around [coping](#).

6. Discovering kindness

Take some time to focus on positive news stories. Together, you could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period.. Learners could make a presentation, video or podcast and present their own 'kindness news' programme sharing all the positive news they can find.

7. Kindness in the community

Those currently self-isolating could be feeling lonely. Simple acts of kindness could make a big difference. Could you involve children in telephoning a neighbour or grandparent, delivering some shopping or encourage them to write a letter or draw a picture. Could they teach them a new skill over the phone? Many children are drawing

Children may have more specific questions surrounding the coronavirus situation. We have created a [coronavirus resource](#) which includes activities to inform learners about and encourage them to engage critically with information they may hear on the news and social media. The resource has been designed for 11 to 18 year-olds but there might be aspects that are relevant to younger learners. For more support around how to explain the situation explore our resources on talking to [children about a major emergency](#).

To find all our resources visit [redcross.org.uk/education](https://www.redcross.org.uk/education)

pictures of rainbows and putting them in windows to share hope, could you do something similar?

8. Being grateful

Help learners to think about what they are grateful for. Ask them to draw around their hand on a piece of paper, in each outline of a finger write one thing they are thankful for. For example: family, friends or the environment.

9. Looking to the future

Discuss hopes for a kind future. When this crisis is over how might we continue to be kind to each other?

10. Reflecting and sharing kind acts

At the end of the week or month encourage learners to look back on all their kind acts and all that they have achieved. What are their hopes for the week ahead? Ask them to share one thing that they are proud of.

Sharing your kindness.

You could take a photo of your kind acts and share on Twitter, Facebook and Instagram using #PowerofKindness and @BritishRedCross.