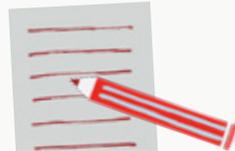


Kindness calendar

Learn about kindness and carry out kind acts during the half term holiday.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Learn about kindness and decide on three kind acts 	Colour in a Red Cross poster 	Take five minutes to learn a coping skill 	Listen with kindness 	Learn one simple first aid skill that you would be able to use to help someone	Create a routine planner for next week 	Reflect and share your kindness 
<p>Use these spaces to write in your own kind acts every day</p>						
 Congratulations			on your week of kindness – being kind sends a powerful message about our connections to each other and the world around us.			

Supporting activities

This supporting document provides more information about how you can carry out kind acts everyday during the holidays.

Monday: learn about kindness and decide on three kind acts

What does kindness mean to you? Write or draw what kindness means to you. How does it feel to be kind? How can you be kind to yourself? [Find out more here.](#)

What kind act will you do this week? Here are some ideas to get you started:

- check in on neighbours in a safe way, like putting a note through the door
- call, video or write to a relative
- do something helpful in the house – like helping lay or clear the table or tidy your bedroom.

Tuesday: colour with kindness

Help to spread the message of kindness. We've got a range of different kindness prints which you can download in colour or black and white, colour in and share your kindness.

[Find out more.](#)

We also look back at posters from our archives. Which you can also colour in and learn about our history. [Find out more.](#)

Wednesday: learn a coping skill

Learn and practise coping skills to help you stay calm in different situations. For example: you and your family can think of a colour for relaxed feelings, (like the warm, golden sun) and one for not so good feelings (like the grey of a rainy day). Then talk about how the colours make you feel and practise breathing with colour together. [Find out more.](#)

Or use the circles of control activity to help you reflect on your worries and think about how to tackle them. [Find out more.](#)

Thursday: listen with kindness

Take some time to talk and listen to people in your household, during this period of uncertainty tensions can start to rise. With your family, take turns telling each other a story. Just listen whilst they are talking. At the end ask some questions about the story. Reflect afterwards how it felt to listen kindly to each other, did you understand the story better? When resolving tensions take a C.A.L.M.E.R approach and use active listening skills. Find out more about these skills [here.](#)

Friday: learn a first aid skill

First aid is a life skill that gives you the confidence to put your kindness into action when others need it most. Our new [First Aid champions](#) website makes it easy to learn a range of different skills and you can test your knowledge afterwards with an interactive quiz. [Find out more.](#)

Saturday: create a routine planner

As it's nearly the end of the holidays think about creating a routine for next week. Creating a routine can help you feel in control, better motivated and more prepared to face the day. [Find out more.](#)

Sunday: share your kindness

Reflect on your week of kindness and celebrate your achievements. Could you share your learning with someone else?

We've created lots more free online resources for parents, teachers, children and young people all related to kindness and COVID-19. Explore them [here.](#)