



### Summer of kindness

Welcome to your summer of kindness calendar. Kindness has swept across the country during the COVID-19 crisis and we want to help children and young people to continue to share their kindness throughout the summer. Remember, while the virus keeps us apart, kindness will keep us together.

### How does it work?

Each week we'll email you a list of kindness activities for the week ahead. These activities are designed to be quick, but you can look at the full version in our [Kindness resources hub](#) for a wider selection of activities in the links within the description.

You and your children can pick the activities they'd like to do. There are also opportunities for you to come up with your own activities and kind acts. At the end of the week you can reflect on all your achievements and see what kind acts you've managed to do.

## Suggested activities for the week ahead

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Activity:</b> <b>Create a routine</b>	<b>Activity:</b> <b>Three kind acts</b>	<b>Activity:</b> <b>I am grateful for...</b>	<b>Activity:</b> <b>Learn a new skill</b>	<b>Activity:</b> <b>Colour a poster</b>
<b>Suggested time:</b> <b>10 minutes</b>	<b>Suggested time:</b> <b>5 minutes</b>	<b>Suggested time:</b> <b>10 minutes</b>	<b>Suggested time:</b> <b>10 minutes</b>	<b>Suggested time:</b> <b>20 minutes</b>
<b>What you'll need:</b> <b>Pens and some paper</b>	<b>What you'll need:</b> <b>Kindness</b>	<b>What you'll need:</b> <b>Pens and some paper</b>	<b>What you'll need:</b> <b>Pens and some paper</b>	<b>What you'll need:</b> <b>Pens and a printer</b>
<p><b>Overview:</b> <a href="#">Creating a routine</a> can help you feel in control, better motivated and more prepared to face the day. You can make a routine for each day or each week, or the next six weeks.</p> <p>Start by thinking about what you need or want to do each day. Split each day into 'morning', 'afternoon' and 'evening' and decide when you can or want to do each thing. Remember to leave yourself time to relax, eat and for anything unexpected.</p>	<p><b>Overview:</b> Think of three kind acts you can do over the next few weeks. Being kind will make you and others feel good. Some ideas:</p> <ul style="list-style-type: none"> <li>Be helpful at home</li> <li>Be kind to someone</li> <li>See how you can support a good cause</li> </ul> <p>For example, the British Red Cross is holding a <a href="#">Wonderful Walk of Kindness</a> to raise money for people made vulnerable by the coronavirus this August.</p>	<p><b>Overview:</b> Think about what you are grateful for – something you are happy and thankful for.</p> <p>Draw around your hand on a piece of paper, in each outline of a finger write one thing you are thankful for.</p> <p>Why are you thankful for this? How does this thing make you feel?</p>	<p><b>Overview:</b> Perhaps part of your summer plan could be to <a href="#">learn a new skill</a>.</p> <p>What will you learn? Create a pledge poster with the word "I will learn..." and the skill you are going to learn.</p> <p>Think about the steps you can take to achieve this goal. How can you learn this? What do you need? Could someone else help you learn? For older learners, <a href="#">watch this video of teenagers for inspiration</a> of what they did during lockdown.</p>	<p><b>Overview:</b> When things get a little too much, one way to cope is by doing some colouring.</p> <p>We've teamed up with 10 artists to create a <a href="#">selection of kindness posters</a>. Print off, colour in and share kindness. Which one will you choose? If you don't have a printer you can design your own poster.</p> <p>Don't forget to fill in your kindness calendar at the start of the week and reflect on what you've achieved.</p>