



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.

This month the British Red Cross is celebrating its **150th anniversary**. There are a few activities to help you join in with the celebrations.

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
Activity: Happy birthday	Activity: First aid and kindness	Activity: Scavenger hunt	Activity: 150 years	Activity: Kind acts
Suggested time: 5 minutes	Suggested time: 20 minutes	Suggested time: 10 minutes	Suggested time: 10 minutes	Suggested time: 5 minutes
What you'll need: Pens and some paper	What you'll need: Reading and thinking time	What you'll need: Pens, paper and household items	What you'll need: Pens and thoughtfulness	What you'll need: Pen and paper
<p>Overview: This week is the 150th anniversary of the British Red Cross. Help us celebrate by learning more about what the Red Cross does.</p> <p>Watch this film and see if you can spot all the ways the Red Cross helps people. How does the Red Cross show kindness?</p> <p>You could share your kindness by sending us a birthday message in a card designed by you.</p>	<p>Overview: Put your kindness into action by learning first aid and helping others when they need it most.</p> <p>Think about what first aid is and why it is important to learn and the difference it could make to someone. You can learn new skills independently on our side First aid champions.</p>	<p>Overview: No first aid kit. No problem. Did you know that items from around the house can help in a first aid emergency?</p> <p>What would you use a tea towel for or an ice pack? Write down your ideas and learn how to use the items.</p>	<p>Overview: The British Red Cross has been using the power of kindness by encouraging people to volunteer in a crisis for 150 years.</p> <p>We look back at a poster from our archives to see how the Red Cross recruited young people during the Second World War. Print and colour the poster and learn more about our history.</p> <p>There's lots of details of our 150th celebrations on our website.</p>	<p>Overview: For 150 years, our people have brought the power of kindness to life</p> <p>Remember kindness drives our movement and small acts of kindness can make a huge difference. What kind act will you do this week?</p> <p>Perhaps you could make a cake for friends or family? Or have a celebration to remember the good times?</p>