



# Summer of kindness calendar

## 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>Five a day</b>	<b>Activity:</b> <b>Being kind</b>	<b>Activity:</b> <b>Messages of kindness</b>	<b>Activity:</b> <b>Three kind acts</b>	<b>Activity:</b> <b>House rules</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>5 minutes</b>	<b>Suggested time:</b> <b>20 minutes</b>
<b>What you'll need:</b> <b>Your thinking power</b>	<b>What you'll need:</b> <a href="#">This video</a> and pens and paper	<b>What you'll need:</b> <b>Pens and some paper</b>	<b>What you'll need:</b> <b>Your kindness</b>	<b>What you'll need:</b> <b>Pens and paper</b>
<p><b>Overview:</b> Keeping a routine everyday can help us to feel comfortable and deal with change better.</p> <p>Think about four things you do every day, Then think of one more thing you want to start doing every day that would make you happy. Keep a list of these <a href="#">five things</a> and tick them off each day like a checklist.</p> <p>This can help you keep a routine, and remind you to be kind to yourself too.</p>	<p><b>Overview:</b> "Kindness doesn't cost anything and does so much good!" Watch <a href="#">Georgia's video</a> about why it's important to be kind.</p> <p>Think about why kindness is important to you. Draw a picture of a heart on a piece of paper. Now think of all the kind acts people do for you on one side on the heart. On the other side of the heart, write all the kinds are you do for others. Keep going until your heart is full. Why is being kind important to you?</p>	<p><b>Overview:</b> Make your own message of kindness for someone. This can be to anyone: it could be someone you know or someone who inspires you.</p> <p>Be inspired by the messages of kindness people have sent to key workers recently and our <a href="#">kindness posters</a>.</p>	<p><b>Overview:</b> Thursday 30 July is 'international friendship day' so why not use your three kind acts to be kind to a friend?</p> <p>Perhaps you could share with a friend what you like about them? Draw them a picture of card telling them what you like about them.</p> <p>Are they really kind? Always share with others? Are they funny? Tell them.</p>	<p><b>Overview:</b> During the holidays when everyone is at home, tensions can start to rise. Use this reflective activity to listen to each other and create a set of <a href="#">'house rules'</a>.</p> <p>Decide on some shared rules that everyone in the house must follow to show kindness and support one another.</p> <p>Don't forget to fill in your kindness calendar at the start of the week and reflect back on what you've achieved.</p>