

Spring kindness calendar

Children are encouraged to learn about and practise kindness this spring with our latest kindness calendar. Being kind not only supports others, it makes us feel good too and helps improve our wellbeing. British Red Cross education resources are here to teach children about the power of kindness and how it can help them cope with challenges.

What's included in the pack?

- A blank calendar poster for your classroom
- Blank calendar printouts for each of your pupils
- Suggestions for simple kind acts your class could try

How to use the calendar

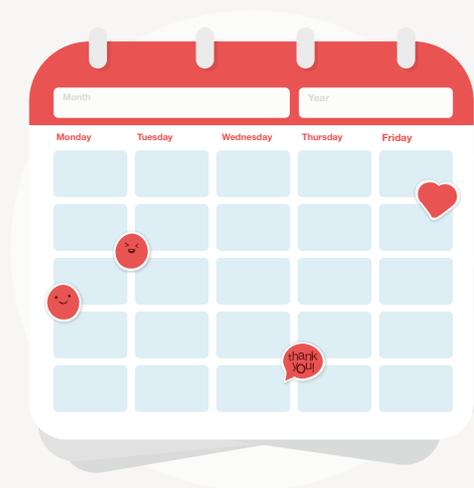
Spring is often seen as a time for new beginnings, so it's the perfect opportunity to introduce the idea of simple, daily acts of kindness.

You can use this calendar pack with children aged 5 to 11 to further explore topics relating to kindness and wellbeing. The classroom poster could be a focus in circle time or group discussions about what kind acts the children would like to do. They could challenge themselves to do a different kind act every day, or just to do the same one every day for a week or for the whole month.

We've included some suggestions for activities, but you can also think of more together. The class can agree a daily act of kindness to all try throughout the month or each pick one or two themselves.

The take home calendars are for the children to complete independently. The ideas in this pack are designed to be used both at school and home, so children can include kindness in all aspects of their lives. You could encourage them to use them at home during the Easter holidays and talk about how it has made them feel when they return to school.

To find more ideas and creative activities around kindness and how it can help support children's wellbeing, download our free Kindness activity pack → redcross.org.uk/kindness-activity-pack



By completing the calendar activities, children will:

- identify ways to show kindness and consider the power of kind words
- discuss the meaning and importance of kindness and wellbeing
- practise using kindness in their everyday lives
- explain how we can help people feel better through kindness
- gain a sense of achievement as they fill in the boxes
- reflect on how it feels to be kind and make a kindness goal

Introducing kindness

Kind acts are important as they help us to put kindness into action. A kind act goes a long way to making others feel supported and being kind to themselves encourages children look after their own wellbeing. Doing these daily acts can create a positive habit that they continue throughout their lives.

Introducing kindness to your class is simple. We've created a PowerPoint to use in assemblies or in a lesson with a story to start the kindness theme. Ask children what kindness means to them and how it makes them feel. They can then draw or write their ideas down and pin them around the calendar.

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. Once the daily acts are decided, your class can try them out and record them independently on their own calendar. At the end of the month, you can look back together to see all they have achieved.

Acts of kindness

Get inspired by the following kind acts, using them as a starter to think of your own ideas as a class. It's important to think about being kind to yourself as well as friends, family, your community, and the environment. We suggest either choosing one idea that children can do every day of the month, or one theme per week. The key is keeping it simple and giving them the opportunity to think about how the kind acts made them feel.

Remember that children should fill in their calendar whenever they have done their kind acts so it's good have something they can easily achieve each day. They can tick the box or colour in the illustration for the day on their calendar.

Safety is important. Make sure children have the help of a teacher or trusted adult to do their kind acts if needed.



Ages 5-7

We suggest thinking of one kind act that the whole class could do individually every day and agreeing it together. This makes it easy for children to mark their calendar each time they achieve it. You could also add some other kindness themed activities to lessons throughout the month.

Simple ideas for daily kind acts for yourself and others

- Encourage children to say thank you at least once a day when someone does something to help them. Little things can have a big difference.
- Ask children to spend five minutes each day thinking about three things they like about themselves.
- Each day, children could tell someone – a school friend, sibling, or family member – something they like about them.

Ideas for other kindness activities to do during the month

- Being kind to body and mind. Get outside with your class or encourage children to take a walk with their family over the Easter holidays. Ask them to note down or draw things they see that remind them of spring and/ or make them feel happy (flowers, butterflies, lambs for example).
- Make a kind classroom promise together. What things could make your classroom a kinder place to be? Write them up or have the children draw pictures and pin them by your Spring kindness calendar as a reminder.

Ages 7-11

You could encourage your learners to think of five kindness goals for the month. This could include being kind to yourself and others, practicing gratitude and doing kind acts in the community. Here are some ideas:

Simple daily kind acts for yourself and others

- Come up with a kindness pledge together as a class. What simple act can you all do every day to be kinder to others in your school.
- Help at home. Ask children to think about what they could do more of each day. Could they put their toys away or keep their bedroom clean for example?
- Encourage children to look after their body and mind everyday by getting plenty of sleep, exercising and eating healthy things. They could make a pledge to eat more of their favourite vegetables over the Easter holidays, for example – ticking off every time they achieve it.

Ideas for other kindness activities to do during the month

- Make and share homemade gifts or cards with a spring theme for friends and family.
- Ask your class to draw things they like doing that help them to be kind to themselves, such as listening to music or painting. Pin these up around the Spring kindness calendar as a reminder.
- Write a letter to someone and tell them what they mean to you.
- Could the class do something kind for the community together? Maybe arrange a litter pick or plant bee-friendly flowers in a school garden.



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Sharing your kindness

We'd love to hear more about the ideas your class come up with for their daily acts of kindness. You could take a photo of your Spring kindness calendar, your class's drawings, or their kind acts in progress and share it on Twitter, Facebook and Instagram using **#PowerofKindness** and **@BritishRedCross**.

Or simply send us an email and tell us how it went —> reducation@redcross.org.uk

Remember, you can also download our free PowerPoint presentation for use in assemblies and lessons to help introduce the topic of kindness.

Visit —> redcross.org.uk/kindness-calendar



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