



Summer of kindness calendar

This week

This week's activities all focus on listening, as listening to others is an act of kindness. It sounds simple but it helps you develop your understanding of a situation, shows that you really care and helps build empathy as we imagine what it is like to be in their shoes.

Over the past few months, the Black Lives Matter movement and the topic of refugees and migrants have been in the headlines. Through the stories of young refugees and black voices we build understanding and empathy with others.

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: Listen with kindness	Activity: Refugee comics	Activity: Black voices	Activity: I love my skin	Activity: Acts of kindness
Suggested time: 5 minutes	Suggested time: 20 minutes	Suggested time: 20 minutes	Suggested time: 10 minutes	Suggested time: 5 minutes
What you'll need: Listening skills	What you'll need: Reading time Pen and paper	What you'll need: Pen and paper	What you'll need: Pen and paper	What you'll need: Pen and paper
<p>Overview:</p> <p>When someone is tense or upset it can make them feel much better to know someone is really listening to them and cares about their problem. It will also help you to understand what the problem is.</p> <p>Take turns with someone, either over a call or in your house, telling a story.</p> <p>Then reflect on how listening made you both feel?</p>	<p>Overview:</p> <p>What must it feel like to leave your home and arrive somewhere new?</p> <p>Use comic book stories made at home by some unaccompanied young refugees to grow your understanding and empathy for other peoples' experiences.</p> <p>Listening to other people's stories can help us to see the world from different perspectives.</p>	<p>Overview:</p> <p>Continuing with the theme of listening to the stories of others. Listen to the voice of Clara Amfo who spoke about her experience as part of the Black Lives Matter movement.</p> <p>Reflect and discuss how she feels and what she says about racism?</p>	<p>Overview:</p> <p>Everybody has skin, it comes in many different shapes and colours.</p> <p>This activity can help you talk about, appreciate, and take care of your skin.</p> <p>Complete these four statements:</p> <ol style="list-style-type: none"> 1. My skin is important because... 2. My skin is beautiful because... 3. My skin is smart because... 4. I should take care of my skin because... <p>It also helps us see we have lots in common with others.</p>	<p>Overview:</p> <p>This week's activities have involved listening to others. Listening to others is an act of kindness.</p> <ul style="list-style-type: none"> • Why is it important to listen to others? • How does it feel when someone takes the time to listen to you? • How did you feel when you listened to other people's stories?