



# Summer of kindness calendar

## This week

As the school holidays are coming to an end, and the long-awaited return to school is imminent, emotions might be running high.

These activities help children and young people think about how they might be feeling about returning to school and look for ways to cope with the changes.

We'll be publishing new resources to help children and young people return to school. If you're not already signed up to receive our emails you can [here](#).

## 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> Breathing with colour	<b>Activity:</b> Looking forward	<b>Activity:</b> I cope well by...	<b>Activity:</b> Emotion tracker	<b>Activity:</b> Acts of kindness
<b>Suggested time:</b> 5 minutes	<b>Suggested time:</b> 20 minutes	<b>Suggested time:</b> 10 minutes	<b>Suggested time:</b> 10 minutes	<b>Suggested time:</b> 5 minutes
<b>What you'll need:</b> Calmness	<b>What you'll need:</b> Thinking time Pen and paper	<b>What you'll need:</b> Pen and paper	<b>What you'll need:</b> Pen and paper	<b>What you'll need:</b> Pen and paper
<b>Overview:</b> Starting to think about the return to school and feel overwhelmed? <a href="#">Watch</a> Jonjo go through the breathing with colour exercise to help give you a moment of calm and help you feel prepared.  1. Imagine a calm colour like blue as you breathe in 2. As you breathe out imagine a bad or negative colour, like grey 3. Imagine breathing in with the good and out with the bad. 4. Do this a few times until you feel relaxed.	<b>Overview:</b> Think about the return to school. What have you missed about school and what are you most looking forward to?  Is there anything that worries you?  Answer these questions on some paper or talk through your answers with a friend or family member.  If you'd like to learn more about coping with anxiety, take a look at our <a href="#">wellbeing</a> resources or visit <a href="#">youngminds.org.uk</a>	<b>Overview:</b> School is likely to look a bit different this year. How might you cope with the changes?  Think about the ways you cope with change. Examples: I take a deep breath, I do something fun to distract myself, I ask for help.  On a piece of paper answer "I cope well by..."  You can write a sentence, make up a poem or draw a picture.	<b>Overview:</b> You might be feeling all kinds of emotions about the return to school, excited, relieved, happy, nervous or concerned.  Keeping track of your emotions can help you to think about what affects them.  Over one week keep an emotion tracker. Once or twice a day, draw an emoticon to show how you feel.  Is there anything you could do to lift your mood? Or would talking through your worries help.	<b>Overview:</b> How can you continue with your acts of kindness during term time?  Setting goals can give you a clear purpose.  Write three goals for September.  Perhaps you'll continue to be helpful around the house? Think of ways to be kind to yourself.