

# The power of kindness calendar

## Supporting activities for learners aged 11 to 18

This document supports the **power of kindness calendar** to provide ideas of kind acts and activities you can do at home. Sharing ideas with friends, classmates or siblings and drawing inspiration from social media and the news could also help stimulate ideas. At the end of the week or month, you can look back at the calendar to see all you have achieved.

### 1. What does kindness mean?

Think about the role kindness can play in a crisis. Write down or discuss some answers to the following questions:

- What does kindness mean and how does it make you feel?
- Is it important to be kind to others and why?
- What personal qualities do you have that might enable you to be kind to others?
- What might stop someone from being kind in a crisis? How might they overcome this?

### 2. Five kind acts

Think of five kind acts you can do over the next few weeks. Perhaps you could teach a relative a new skill, cook a meal for the family or help with some jobs around the house.

Remember by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you go outside are all acts of kindness.

You could record your five kind acts and then look back at what you've achieved.

Or share on social media "I'm being kind by..."

### 3. Being kind to yourself

Think about the word 'coping'. What do you think it means? Write down or discuss your definition of coping.

Think of ways your household or group can cope and be kind to themselves. This could be continuing to do things that make you happy while isolating, such as listening to or playing music, drawing or speaking to friends on the phone or social media. You could mind map activities and make sure you do one each day.

### 4. Ways to cope

Being calm in a crisis can mean we are able to support others. Have you ever done any breathing exercises, meditation or mindfulness? This could really help in a difficult situation. Practise an immediate coping technique called Bubble breathing:

- Close your eyes and notice your breathing.

- Take in a deep breath and slowly release it, imagine you are blowing into a large bubble that is increasing in size.
- Then take another deep breath in and breathe slowly out to make the bubble even bigger. Do this as many times as needed to feel calm.
- How do you feel now? Calmer?

## 5. Discovering kindness

Take some time to focus on positive news stories. You could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period. You could make a presentation, video or podcast and present your own 'kindness news' programme sharing all the positive news they can find.

## 6. Kindness in the community

Those currently self-isolating could be feeling lonely. Simple acts of kindness could make a big difference.

Could you buy shopping for a neighbour and leave it on their doorstep? How could you virtually bring the community together? Could you organise a community virtual quiz for your street or do a newsletter? Could you write or telephone a neighbour or grandparent, to really raise spirits? Could you teach them a new skill over the phone?

If you have more specific questions surrounding the coronavirus, we have created a [coronavirus resource](#) for young people.

To find all our resources visit [redcross.org.uk/education](https://www.redcross.org.uk/education)

## 7. Being grateful

It can be beneficial to express gratitude during times of uncertainty. Make a note of three things you are grateful for; it could be the ability to learn remotely or being able to use technology to keep in touch with friends. You could also consider how others might feel in different circumstances or locations around the world.

## 8. Looking to the future

Discuss hopes for a kind future. This situation is temporary, but kindness and kind acts are always needed. When this crisis is over how might we continue to be kind to each other? Think about what kind acts you and your friends could do together in the future. You could express your thoughts in a poster or poem.

## 9. Reflecting

At the end of the week or month look back at your kind acts. What are your hopes for the week ahead? What are you proud of? Reflecting on what you have achieved can help you stay motivated and positive.

## 10. Sharing kindness

If you are over the age of 13 and have access to social media you could take a photo of your kind acts and share on Twitter, Facebook and Instagram using #PowerofKindness and @BritishRedCross.

Or you could simply share a link to the calendar with a friend and spread the kindness message.