



Department for  
Digital, Culture,  
Media & Sport

**Tackling  
Loneliness  
Digitally**

# Kindness activity pack

Welcome to your kindness pack from the British Red Cross.

Supporting



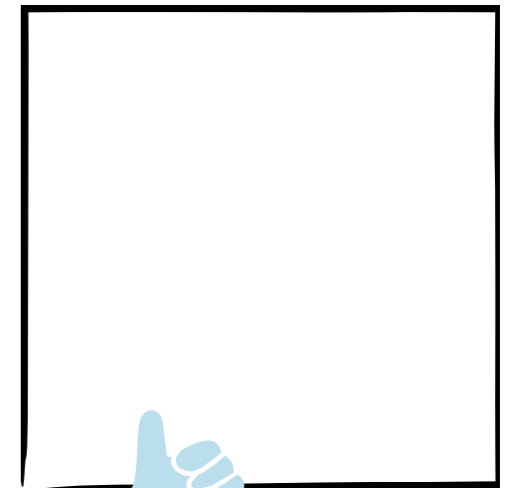


**In this pack, you will reflect on the power of kindness through fun activities you can do at home.**

**It also encourages you to do small acts of kindness each day to help your community, your family and yourself. Kindness can help us to cope with challenges and change. Being kind to others can help them cope better too.**

**This kindness pack belongs to...**

.....  
.....  
.....



*Kindness will keep us together*



# The power of kindness calendar

Use your calendar to record your daily kindness acts.

month		year				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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## Congratulations

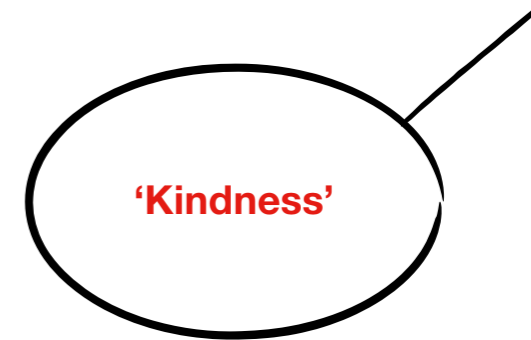
Being kind sends a powerful message about our connections to each other and the world around us.

# Being Kind

Small acts of kindness can go a long way. Kindness can help support people. Reflect on the power of kindness in these activities and be inspired to do something kind every day.

## Why is kindness important?

Think about the word 'Kindness' - what does it mean to you? How does it make you feel? Draw or write ideas around the circle to make a mind-map. Connect them to the circle with a line.



**Extension activity:** What simple kind acts can you do every day for yourself and those around you? Record them on your kindness calendar.

## Messages of kindness

Use the blank postcard below to create a message of kindness for someone you know. Maybe it can be a thank you for something kind they did for you, or for something they often do that helps you or others.

	<input type="checkbox"/>

# Kindness will keep us together poster

Colouring is also a good way of being kind to yourself, as it helps you relax. Give this poster to someone you care about and it can also be a kind gift.

**Extension activity:** You can add your own drawings around the edge of 'kind things' like the artist has. What is kindness to you?



nina cosford FOR BRITISH RED CROSS

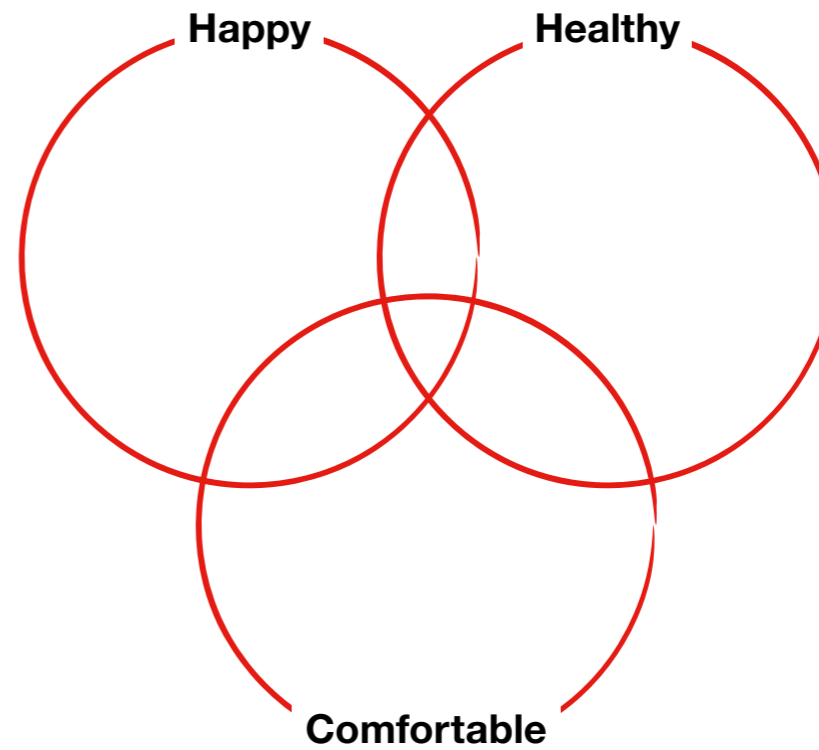
# Being kind to yourself

It is important to be kind to yourself too, this means looking after your wellbeing. Use these activities to think about your own wellbeing and explore ways to cope and feel better when dealing with challenges.

## What is wellbeing?

People use this word to mean 'being happy, healthy and comfortable.'

Think about the things in your life that make you happy, healthy and comfortable. Write them in the circles below. Some things will make you feel happy and comfortable, or healthy and happy, you can write these things in the spaces where the circles overlap. to make a mind-map. Connect them to the circle with a line.



**Extension activity:** Do you do these things enough? Could you do them more often?

## Breathing with colour

Learning when to take time to breathe can you feel happier and more comfortable. Practice this easy technique.

1. Think about a colour that makes you feel happy – this is the colour of good feelings.

2. Think about a colour that doesn't make you happy – this is the colour of your not so good feelings.

3. Now close your eyes and take a deep breath in, imagine the breath is the good colour.

4. Now breathe out and imagine it is the not so good colour and blow it away, out of your body. Do this a few times until you feel relaxed.

## Helping you cope

These activities can help you cope with change and support wellbeing by learning how to plan your daily life better in changing situations and how you can break big challenges into small goals.

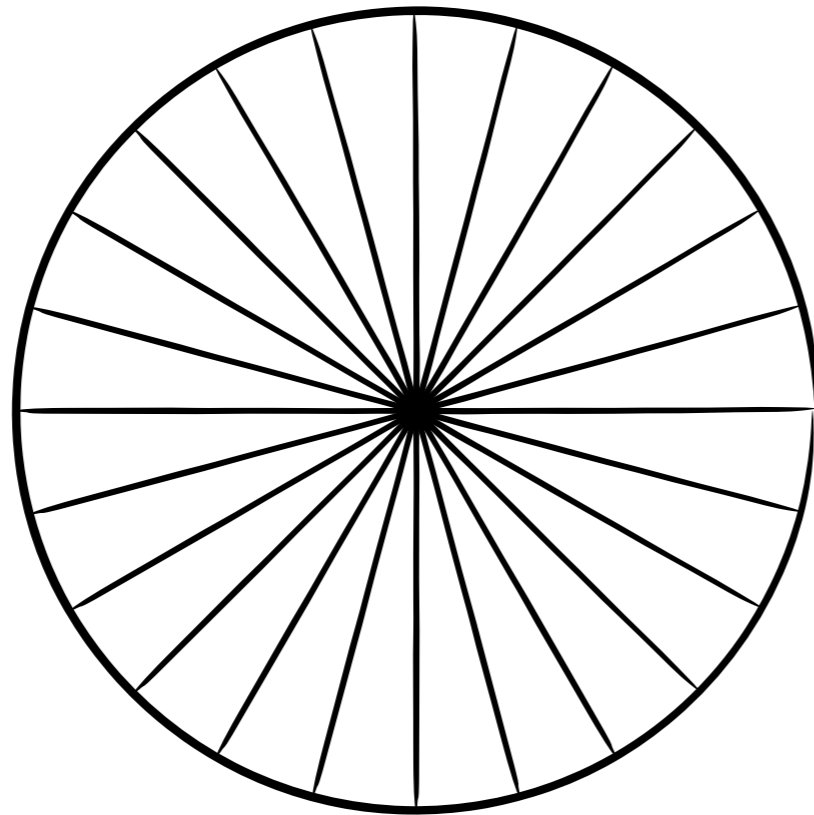
### Where does my time go?

Think about how you use your time. Write a list of things you do each day.

For example:

- sleeping
- eating
- exercising
- talking to friends and family

Colour in the segments of the circle in different colours to show how you spend your time on an average day. Each segment is 1 hour, and there are 24 in one whole day. Things like sleeping should take up at least 6-10 segments.



Do you do something too much or not enough?

Do you have enough happy, healthy and comfortable things in your day? What changes do you think you should make in your day?

### Set yourself mini-goals

What do you want to complete or do this week? Setting goals can give you a clear purpose. It should be something you can do, don't set yourself something too difficult.

Examples: **Clean my bedroom, get to the next level of my game, be kind to someone in my house.**

Write down three goals. Colour in the medal each time you complete a goal.

**Goal 1**

**Goal 2**

**Goal 3**



**Extension activity:** Breaking challenges into small goals can help you cope.

What big challenge do you have that you can break into smaller goals?



## Understanding feelings

We feel lots of different things for different reasons. Keeping track and understanding our feelings, and how they affect how we act, can help us deal with them and identify feelings in others.

### Emotion tracker

Keeping track of your emotions can help you to think about what affects them. Over one week keep an emotion tracker graph. Once or twice a day, draw an X or a face on the graph to show how you feel – are you down in the dumps or on top of the world, or just in the middle?

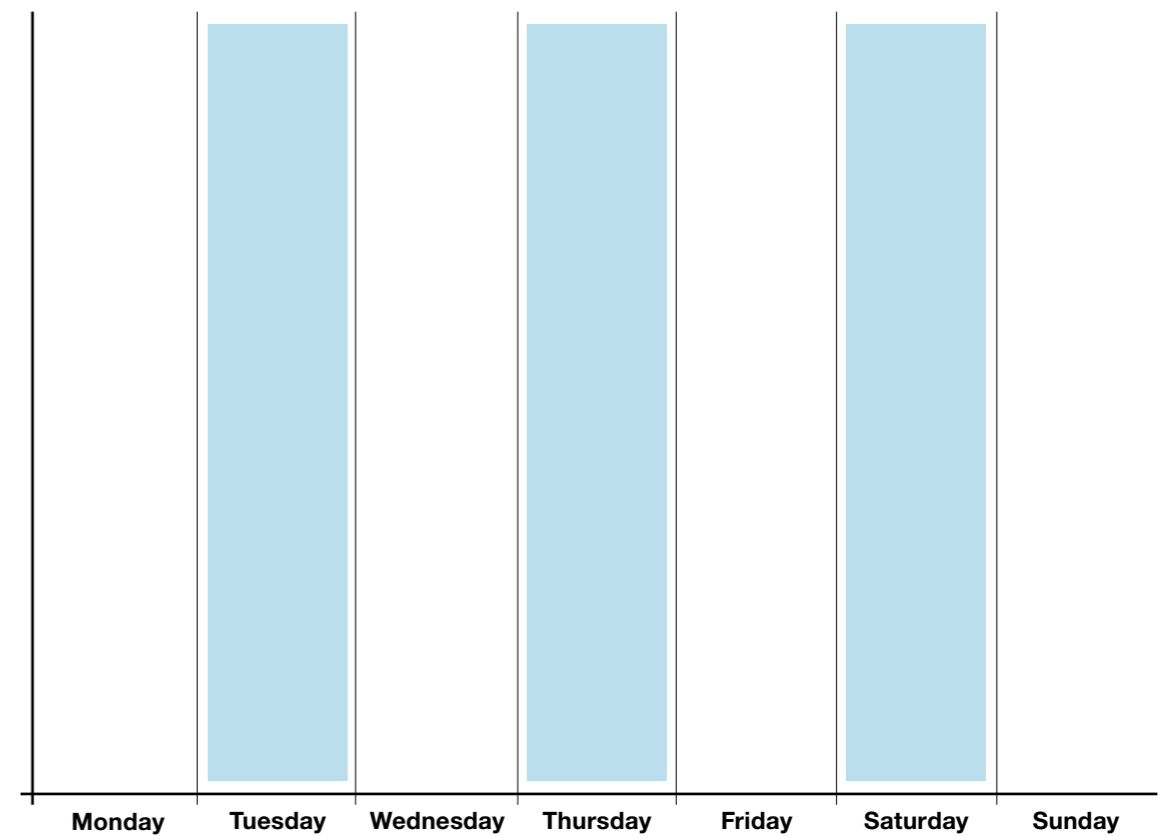
You can tear this out and put it on your fridge to show everyone how you are doing, or you can make a bigger version for your whole family and everyone can plot how they feel in their own colour.



**Best I can feel**



**Worst I can feel**



**Extension activity:** At the end of the week look back on your tracker. Think about:

When did you feel best and worst? Why did you feel this way?  
 How did it affect your behaviour – did you act differently?  
 How does your mood affect others in your house?

## Coping with challenges

We often have to cope with change and challenges in our lives. Learning how to cope can make us more 'resilient' and better able to manage.

### Coping well

Think about a person who copes well with change and challenges. Draw a picture in the space below of a person you know – someone who is good at coping with change and challenges.

Around the outside write all the ways that person copes well. Why did you pick this person? Can you learn from them?

### I cope well by...

Think about the ways you cope with change and challenges in your life. Think about your beliefs, thoughts and actions.

Examples: I take a deep breath, I think about the problem, I do something fun to distract myself, I ask for help

Write in the bubble below. You can write a sentence, make up a poem or draw a picture.

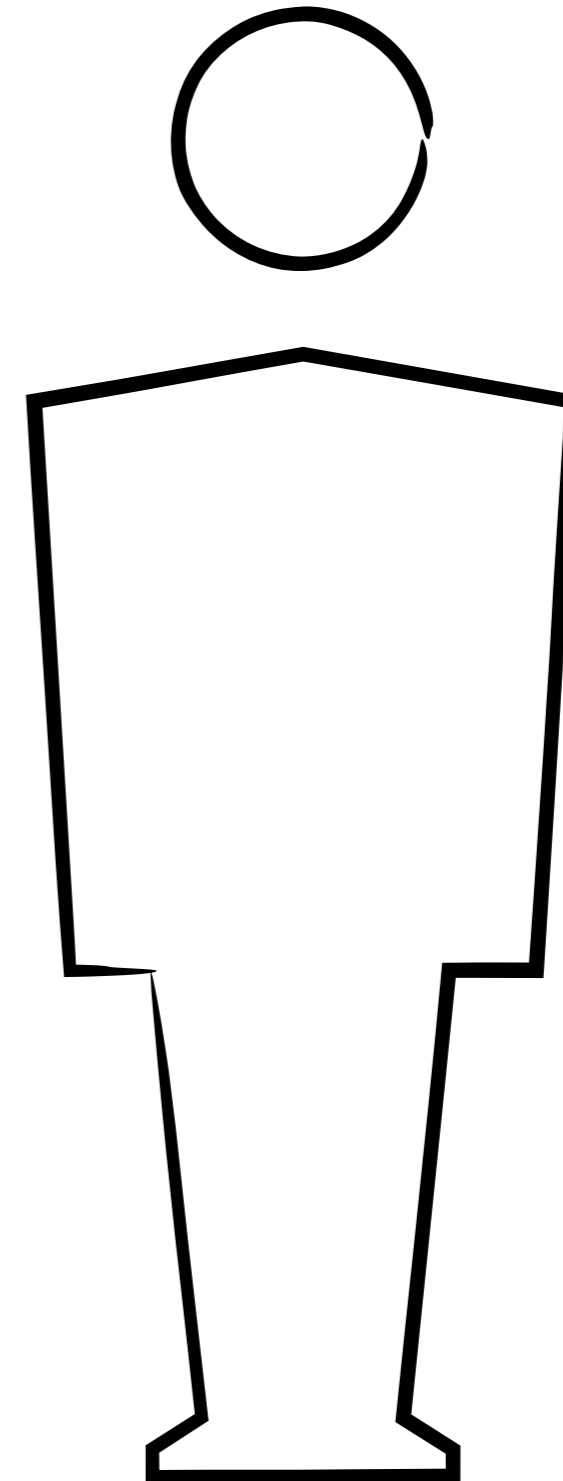


## Stress patterns

Create a 'pattern' of your stress and think about how stress changes your feelings and actions and how we can cope with stress. Use different colours for each step.

### Write that around the outside too.

1. Around the outside of the person, write all the things that might **cause** you to feel stressed.
2. On the inside, colour in the **parts of the body** where you feel the stress.
3. Around the outside write how the stress **changes your emotions**.
4. Around the outside again write how stress makes you **act**.
5. What makes you **feel better** when you are stressed?



**Extension activity:** Look at your stress, 'pattern'. What have you learnt from this activity? What can you do to help you feel less stressed?

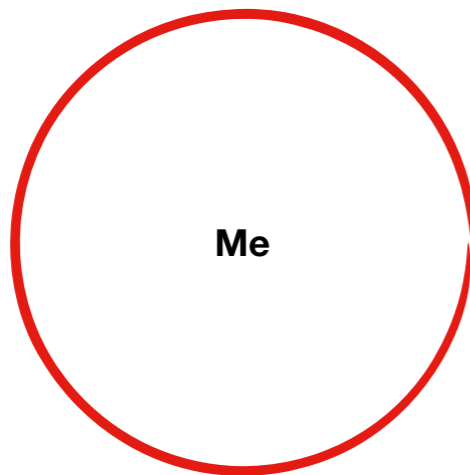
## Staying connected

It is important to remember that we are not alone. There are lots of people in our lives who can and do support us. Use these activities to reflect on the people in your life and how they support you.

### Web of connections

Think about all the people you have in your life that you can turn to for support. Draw a picture of yourself in the box labelled 'me'. Around the outside, write the names or draw all the people you know and can talk to. Start with the people closest to you.

Draw a line between you and each person. Think about the ways you can talk to them and what you can both do to support each other.



### Being kind to my friends

Think about the people on your web of connections. What type of person are they? What do they like to do? How can you help them?

Pick 3 people from the web and write down one kind act you can do for them.

## Understanding others

It is important to remember that everyone experiences life differently, and it is important to understand how others feel. Understanding how others feel can help us be kinder to them, and to create a kinder world. Use the activities below to think about and learn how to understand others.

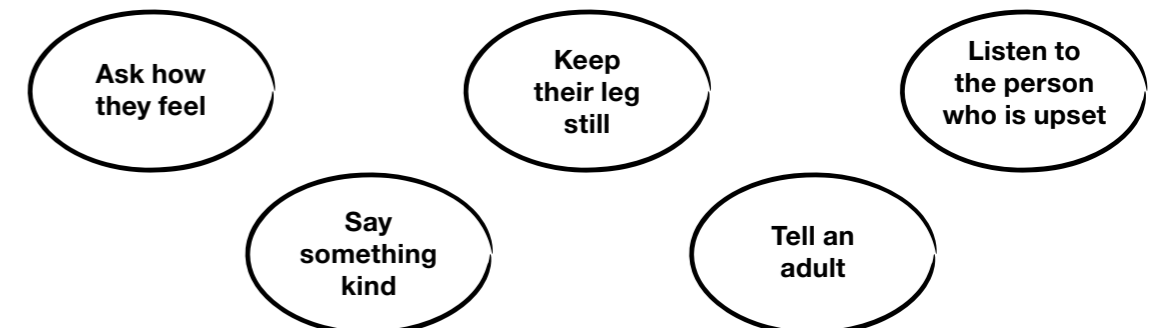
### Can you imagine...

Look at the stories below, can you imagine being the people below? How might they feel?

Story	How might they feel?
1. Your friend doesn't understand the homework, they think it is too difficult for them.	
2. A family member wants to share a story with the family about something important to them. Nobody is listening to them.	
3. Someone is calling your friend names because they are different. Other people are laughing.	
4. Someone has fallen over and hurt their leg quite badly.  (to learn the first aid skill for this injury, go to the first aid pages)	

### How can I help?

Think about the people above. Imagine you were there, what could you do to help them? Which things below could you do to help? Write the number of the story next to the kind solution. Some can be used in all the situation. Which ones are always helpful?



**Extension activity:** Has this ever happened to you? Think about how it felt. Does this help you to understand how others might feel?

**Extension activity:** The poet Maya Angelou once said, "If we try and understand each other, we may even become friends." What do you think this means? How can understanding someone help you to be friends?

## Learning new skills

Learning new skills can help make us cope with change and challenges. A skill is any activity that you can do, for example, cooking, skateboarding or working well in a team. Reflect on your skills, hold a skill learning exchange and make a pledge to learn another skill with the activities below.

### Why are skills useful?

Match the skill to the challenges below. What skills can the characters or someone else use to help in these situations? You will be able to use more than one skill for each situation. Draw a line to the skills each person can use.

Technical skills	Listening skills	Coping skills	Asking for help skills			
Wadeisor has fallen and hit their head	Sasha is worried about a problem at school	Abdul is feeling lonely	Peter has just arrived in a new country	Harry's friends are arguing about something	Becca's computer isn't working properly	It's Liu's grandma's birthday
First aid skills	Foreign language skills	Quick thinking skills	Arts and craft skills	Kindness skills		

### What skills do I have?

Think about the special and useful skills that you have.

Fill out the skill card below. Write your name and write down your skills. Colour in the correct number of stars to show how useful you think each skill is.

Colour the correct number of hearts to show how kind you think each skills is.

**Extension activity:** Could you learn a new skill? Find someone in your home who knows a skill you want to learn. Offer to teach them one of your skills. This way you can teach each other a special skill.

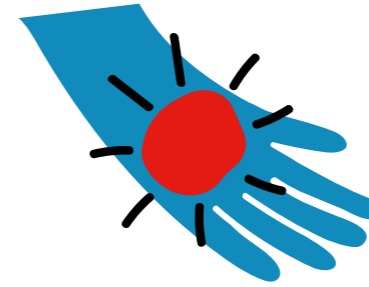
.....'s skill card

Skill 1	☆☆☆ ♥♥♥
_____	
Skill 2	☆☆☆ ♥♥♥
_____	
Skill 3	☆☆☆ ♥♥♥
_____	

## Learn first aid

First aid is an important, useful and kind skill to know. You can help yourself and others using first aid. Use the activities below to learn some simple and easy first aid.

### How can you help someone who has a burn



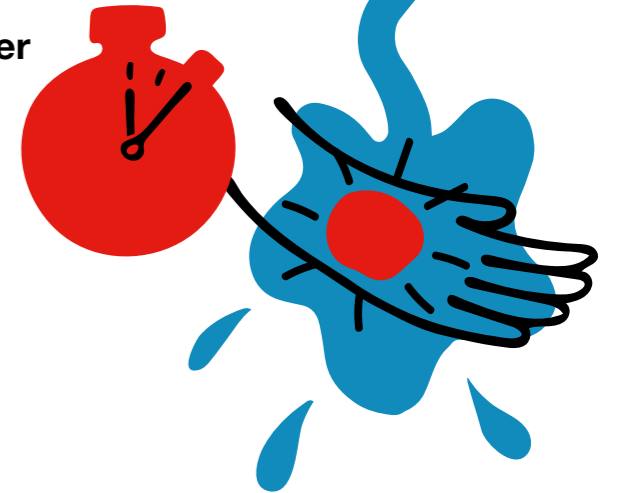
#### Step 1

They may have touched something hot and their skin might be red, hot and painful.

#### Step 2

Take them to a cold tap and **hold the burn under cool running water** for at least 10 minutes.

10 minutes

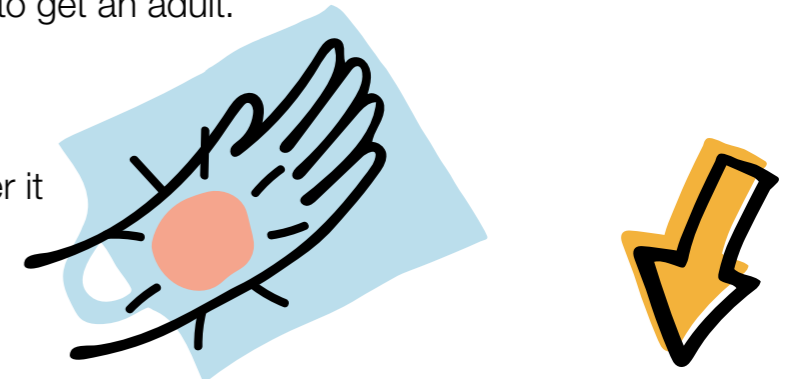


#### Step 3

While you're helping to cool the burn, send someone to get an adult.

#### Step 4

After the burn has cooled down, cover it with cling film or a clean plastic bag.



**Extension activity:** Think about the dangers in your home that could burn you. What can you do to keep yourself and others safe of this danger?

The water helps to make it hurt less and cool it



## How can you help someone who is **bleeding**



**Step 1**  
If someone is bleeding a lot there will be too much blood for a plaster.



**Step 2**  
**Press hard on the bleed** using something like a towel, T-shirt or even just your hand.



**Step 3**  
Tell an adult and call 999.



**Step 4**  
Keep pressing on it until help arrives.



**Press hard to help stop the bleeding**

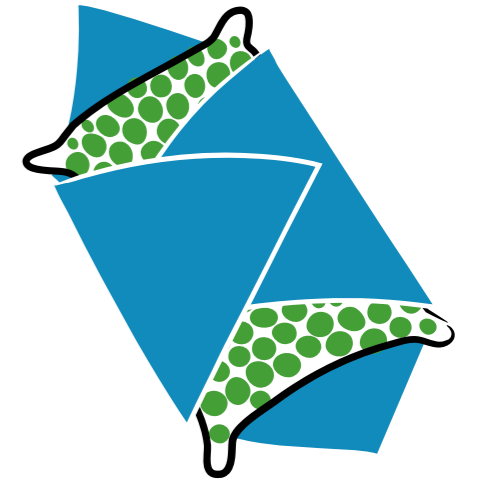
**Extension activity:**  
Imagine someone in your house has a bleed. What will you do? Make up a story with a family member and act it out. Make sure you do the four steps above, do you remember them?

## How can you help someone who has a **head injury**



**Step 1**  
They may have banged their head. Their head might hurt and a bump might appear on it.

**Step 2**  
Help them to rest.



**Step 3**  
Hold something cold on where they have bumped their head (like a bag of frozen peas wrapped in a towel).

**Step 4**  
Tell an adult.



**Wrap it in a towel so the frozen thing isn't too cold on your skin**

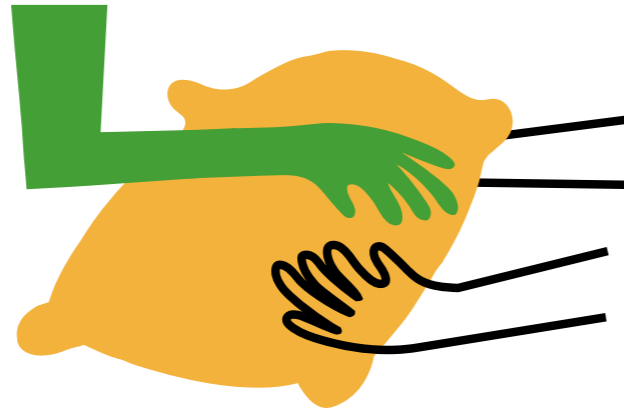
**Extension activity:**  
What kind words could you say to someone to help them feel better? Why is it important to comfort people when they are injured?

# How can you help someone with a broken bone



**Step 1**  
Someone may have broken a bone if they have fallen or been hit by something. They may be in a lot of pain. They could have swelling and bruising or be in a strange position.

**Step 2**  
Keep it still and supported. You can use a cushion, clothes or even your hand.



**Step 3**  
Tell an adult.



**Moving it might hurt or make it worse, so keep it still**

**Extension activity:** What do you have in your home that can help you support a broken bone? Think about what material and texture it should be to keep it still and supported.

# Reflective word search

Take some time to reflect on everything you have learned in this pack. See how many words you can find in the word search below. What have you learned about each word, could you describe it someone?

**Extension activity:** Find the secret word that matches the definition at the bottom.

- Understand
- Kindness
- Burn
- Bleed
- Head
- Injury
- Broken
- Bone
- Help
- Friends
- First Aid
- Feelings
- Emotions
- Coping
- Wellbeing
- Skills

A	C	O	P	I	N	G	C	F	E	W
F	<sup>1</sup> R	I	E	N	D	S	G	<sup>4</sup> I	J	E
I	E	B	R	O	K	E	N	R	B	L
N	F	<sup>2</sup> E	E	<sup>5</sup> L	I	N	G	S	O	L
J	H	B	U	R	N	T	S	T	N	B
U	E	<sup>7</sup> E	L	F	D	W	R	A	<sup>10</sup> E	E
R	A	U	L	E	N	L	V	I	E	I
Y	D	B	X	P	E	P	<sup>9</sup> C	D	S	<sup>8</sup> N
S	K	<sup>6</sup> I	L	L	<sup>3</sup> S	D	B	A	Y	G
U	N	D	E	R	S	T	A	N	D	K

<sup>1</sup> R	<sup>2</sup>	<sup>3</sup>	<sup>4</sup>	<sup>5</sup>	<sup>6</sup>	<sup>7</sup>	<sup>8</sup>	<sup>9</sup>	<sup>10</sup>
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Means coping well with challenges and being ready for change.

How would you describe this word?  
Write your own meaning: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Tackling Loneliness Digitally



Supporting

