

Messages of kindness

Being kind to someone, even if it is simple, can make a huge difference to someone's day. During this time the small acts of kindness we used to do every day without thinking are more difficult to do safely with social distancing in place. Now we must think about how we can be kind to those far away from us.

Many people have been displaying extraordinary acts of kindness like safely delivering food to people, offering free meals to key workers, or making protective clothing for health workers. Recently Captain Tom showed extraordinary kindness when he raised over 20 million pounds for the NHS.

However big or small the kind acts we can do are, they can make a huge difference to someone, such as writing and sharing a message of support. For example, thousands of people who sent Captain Tom a birthday card for his 100th birthday this week or those writing messages of thanks to health workers.

These quick activities encourage learners of all ages to consider the power of kind messages and gives them the opportunity to write their own. Suggested ages for each activity are for guidance. Resources have been designed to be adaptable and suitable for multi-generational learning.

Learning objectives

Learners will:

- develop empathy by thinking about others
- consider the power of kindness
- think about ways that they can be kind to others
- share stories of kindness and help others

Video activity: Why be kind? (ages: 7-11)

Watch [Georgia's video](#) about being kind on our new First Aid Champions website. What does she say about being kind and why it is important?

Draw a picture of a heart on a piece of paper. Now think of all kind acts people do for you and on one side of the heart colour in a patch of your heart, a different colour for each act. Things like when your sibling plays with you or your parent or carer cooks food that you like. Add all the kind things that you do for other people that also make you happy on the other side of the heart. Maybe you call your grandparents or tidy up all your toys. Keep going until your heart is full.

Think about how kindness can fill up your heart. Imagine how your kind acts fill up the hearts of others.

Photo activity: Message of kindness and gratitude (ages: 12-19)

Look at the image on the webpage of the messages to key workers. Think about:

- > What are your first thoughts when you see images like these?
- > Why do you think people wrote these messages?
- > How do you think seeing these messages make people feel?
- > Does it matter who wrote the messages?
- > Does it matter if the message is not directed at you?
- > How do messages like these show kindness?

Extension activity: Message of kindness (ages: 7-19)

Now make your own message of kindness for someone. This can be to anyone: it could be someone you know or someone who inspires you. Share your messages by placing it somewhere visible or taking a picture of it and sending it to someone.

Post your message of kindness on social media or have a responsible adult do so if you are too young. Think about the power of kindness using this statement, "A small act of kindness can change someone's life."

How would you complete the following statements:

- > Kindness is powerful because...
- > Kindness can change someone's life by...
- > Kindness has helped me by...
- > I can be kind by...
- > One kind act I will do today is ...

Add your kind acts to your Kindness Calendar.