Creating a calm and kindness plan



**Group size**

Whole class or individual

**Suggested timing**

30-40 minutes

**Method**

Practise

Learning objectives

**What you need**



**Pens and paper**

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**PowerPoint**

* Identify and explain kind actions and things that help us cope
* Create a plan to help learners stay calm and kind

## Overview

Help children explore kindness and coping by supporting them to create a plan to help them stay calm, cope and spread kindness, so that they are better able, willing and confident to help.

## Preparation

Display the PowerPoint and ensure there are pens and paper for the children to use.

Familiarise learners with the ground rules for the session or establish ground rules. Assure learners are given opportunities to ask questions and have a way to ask anonymous questions if they wish to. For guidance on how to do these things, see the [Creating a safe, inclusive and supportive learning environment guidance.](https://firstaidchampions.redcross.org.uk/primary/guidance-and-support/)

## How to run the activity

1. Write the words: ‘kindness’ and ‘calm’ on the board – ask children to think about what actions would show that someone is kind or calm. Write their ideas down.
2. Now ask them to think about what qualities you might be showing if you are acting in this way – encourage them to think of a range of ideas such as helpfulness, compassion, empathy, thoughtfulness, managing well, looking after yourself and others.
3. In small groups or as one big group work through some of the stories on the PowerPoint to explore helping people in different situations. Ask learners to identify:
* Who needs help?
* How could the person help them?
* How could the person help themselves using ways of coping (like music, breathing etc)?
1. Now, individually ask learners to draw six boxes, you could also display this in the PowerPoint. Above the boxes ask them to write: ‘My calm and kindness plan’. In the top three boxes ask them to write some kind actions they will take in the next week, and in the three boxes below ask them to write some ideas for keeping calm if they feel worried about anything – this could be a skill they have learned in this resource (see [coping skills](https://firstaidchampions.redcross.org.uk/primary/kindness-and-coping/coping-skills)) or their own idea.

**My calm and kindness plan**

|  |  |  |
| --- | --- | --- |
| My kind actions | My kind actions | My kind actions |
| My ideas for keeping calm | My ideas for keeping calm | My ideas for keeping calm |

## Stretch and challenge activities:

1. Then either create a large whole group or individual ‘shields of strength’ – draw out a large shield shape from the PowerPoint or print off worksheets. Explain that being kind and safely helping can give us strength to look after ourselves and others.
2. If you explored more than one value you could divide the shield into sections. Children can write or draw what they have learned about the value in the shield, thinking about the qualities they have or how they would like to be helped if they were in need.

Summing up

Ask some of the children to share their ideas, and to discuss what they have learned about kindness and keeping calm that they could use in their daily lives.

Return to the first activity and encourage learners to review the board of words. Would they change or add anything? If so, give them the chance to change or add things.