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**

* Think about kindness
* Learn how to care for yourself and others

## Overview

Help children explore kindness and coping by supporting them to create a plan to help them stay calm, cope and spread kindness.

## Preparation

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

## 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. Ask the children who they could be kind to. Encourage them to think close to home such as friends and family, and then more widely, perhaps to people who need help in the UK or overseas. Ask them to think about themselves, discuss what actions they might take to be kind to themselves, or what skills they might use to keep calm, for example taking deep breaths or listening to music.
4. 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](http://www.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 |

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.