



# CHRISTMAS

Kindness Challenge 25



TEACHER INFORMATION & RESOURCES



IT FEELS GOOD TO BE KIND





# Kindness Challenge



## What is the Kindness Challenge?

### INTRODUCTION

This 'Kindness Challenge' is a Gateshead Schools' Health and Wellbeing (GSHW) Christmas themed, 5 Ways to Wellbeing (Connect; Be Active; Learn; Give; Take Notice), challenge that can be tailored to suit every primary age group.

As you know 2020 has been a very challenging year for everyone. We've had to cope with a lot of changes in our lives and develop our resilience. Being kind and connected are key elements of our 5 Ways to Wellbeing (SW2W) and is an important part of resilience. We hope by being involved in our SW2W Christmas 'Kindness Challenge' your pupils (and staff) will see the power and strength of kindness and friendship in supporting themselves and others to overcome challenges and changes.

Within the resource you will find all that you need for you and your pupils to engage in our Christmas 'Kindness Challenge'. Use these resources to help your pupils record and complete the GSHW Christmas 'Kindness Challenge'.

### HOW TO GET INVOLVED

It is very easy to get involved in our Christmas 'Kindness Challenge'. You just need to use some or all of the resources in this pack to help you and your pupils complete the challenge.

In recognition of the current restrictions, the activities have been designed as a completely flexible class/bubble challenge. Importantly however, as the challenge lends itself to any age group, it is something that the whole school can get involved with. If you wanted to make it competitive you could see which pupil or group of pupils can achieve the most acts of kindness – we can never really have too much kindness!

Involvement in the Christmas 'Kindness Challenge' will show your pupils how easy, fun and rewarding doing random acts of kindness is! Challenge your pupils (and staff!?) to achieve 25 different acts of kindness leading up to Christmas so that Santa Claus is very pleased with them. The more acts of kindness delivered the happier Santa Claus will be – a happy Santa Claus results in a generous Santa Claus!

### COVID-19 / GENERAL H&S CONSIDERATIONS:

These resources and associated activities are provided as a general guide ONLY and DO NOT account for COVID-19 protocols that may be in place for specific school settings. All school groups undertaking any of these activities MUST first assess suitability and their ability to ensure adherence to current Government and Local Authority guidance. Ultimately, activity should be managed in line with the COVID-19 risk assessment in place for each respective school setting.

**N.B:** All activities within this resource are optional and are designed to compliment existing work  within the PSHE curriculum and/or Christmas Activities. FEEL FREE TO USE/ADAPT AS YOU SEE  FIT FOR YOUR SCHOOL AND PUPILS. 

25



# Kindness Challenge



## What is the Kindness Challenge?

Doing random acts of kindness is so easy, fun and rewarding! Challenge your pupils to achieve 25 different acts of kindness leading up to Christmas so that Santa Claus is very pleased with them. The more acts of kindness delivered the happier Santa Claus will be – a happy Santa Claus results in a generous Santa Claus!

### HOW TO USE THE RESOURCE

Use this resource to encourage your pupils to do daily acts of kindness leading up to Christmas, it really is as simple as that. The aim is for each pupil to complete 25 random acts of kindness in this period of time. These random acts of kindness can be completed at home, in school or in the community. Random acts of kindness simply need to be witnessed by a responsible adult to confirm the deed. Pupils should use the 'My Kindness Tracker' resource in this pack to record and complete their Christmas 'Kindness Challenge'.

We have provided 2 certificate templates in this pack for you to use to recognise pupils involvement in this challenge. Any pupil achieving 25 acts of kindness can be awarded the special 'Congratulations' certificate in recognition of their work. Pupils involved in the challenge but not achieving 25 acts of kindness can be awarded a 'Certificate of Achievement' in recognition of their efforts. Equally you might like to provide another suitable prize to recognise and reward their achievements.

### WHAT'S INCLUDED IN THE RESOURCE?

- ★ Suggested ideas for random acts of kindness to use as a starter for pupils to think of their own ideas.
- ★ A blank table included for you to encourage children to think of and add their own ideas for random acts of kindness.
- ★ A 'My Kindness Tracker' sheet that can be used by each pupil to record their random acts of kindness. They are aiming for a total of 25 random acts of kindness but if they do more simply provide them with another tracking sheet – the more the better really.
- ★ Some creative activity sheets linked to this Kindness Challenge as part of our wider SW2W programme.
- ★ A certificate template to award to pupils who complete their 25 random acts of kindness.
- ★ A special certificate template to award to any pupils who manage to complete the 25 random acts of kindness between now and Christmas.



# Kindness Challenge



## ADDITIONAL RESOURCES AVAILABLE

You might also like to get your pupils involved in the British Red Cross campaign as well. They are running their 'Snowman & Snowdog' Kindness Calendar campaign this December. Follow the link below to find some excellent additional resources, challenges and a downloadable calendar all linked to the theme of kindness and friendship.

To download the British Red Cross kindness resources simply follow this link to the resources section of our website: <https://gatesheadhws.org/campaign-resources/>

**DON'T FORGET WE'D REALLY LOVE TO HEAR ABOUT YOUR ACTS OF KINDNESS - IT WOULD MAKE OUR CHRISTMAS!**

You can e mail us using this address: [CWLSchoolsHealthAndWellbeing@gateshead.gov.uk](mailto:CWLSchoolsHealthAndWellbeing@gateshead.gov.uk) and if you use twitter please tag us '@GatesheadHWS' - use the # KINDNESS. This could include messages, posts, photos and videos as you engage with any of the activities and get involved.

We would love to see evidence of all the acts of kindness happening in your school from both your staff and pupils and even the wider community. All and any acts of kindness will make us all smile and feel generally happier.



**@GATESHEADHWS**

25



## My Kindness Challenge



25

If you use twitter please tag us '@GatesheadHWS' - use the # KINDNESS. This could include messages, posts, photos and videos as you engage with any of the activities and get involved. We would love to see evidence of all the acts of kindness happening in your school from both your staff and pupils and even the wider community. All and any acts of kindness will make us all smile and feel generally happier.



**@GATESHEADHWS**



# APPENDICES

- PAGE 6 & 7 - Pupil ideas sheets
- PAGE 8 & 9 - Pupil ideas tables
- PAGE 10 - Pupil 'My Kindness' Tracker
- PAGE 11 - Certificate template for individual pupils achieving 25 acts of kindness
- PAGE 12 - Certificate template for individual pupils who have participated in the 'Kindness Challenge' but not achieved the 25 target
- PAGE 13-17 - Creative activity ideas/suggestions

IT FEELS GOOD TO BE KIND























25

# Kindness Challenge



Can you impress Santa Claus and complete the kindness challenge?

Being kind is really good for us and it makes us feel happier. Try to be kind to everyone but especially kind to everyone you love and to those who seem lonely or sad. Here is a list of suggested acts of kindness that you might like to try. Use these to help you to start the challenge and think of your own ideas as well:

-  Include someone new in your games
-  Read to someone else
-  Leave a friendly note for someone (other than Santa Claus)
-  Donate food or toys or clothes to people in need
-  Hold the door open for someone
-  Say please and thank you to someone
-  Offer help to someone
-  Tidy up without being asked
-  Make someone laugh
-  Let someone in front of you in a queue
-  Clear up a mess you don't make
-  Encourage someone
-  Make a special Christmas card for someone
-  Clean your room without being asked
-  Put food out for the birds
-  Ask at home for a chore that would really help everyone out
-  Think about how you can be kind to the earth and climate - could you recycle more items?
-  Write a thank you card to a teacher
-  Say something nice to someone
-  Tell someone special that you love them















25

# Kindness Challenge



Can you impress Santa Claus and complete the kindness challenge?

As well as being kind to others it is also important that you are kind to yourself. Here is a list of suggested acts of kindness for you. Use these to help you start the challenge and think of your own ideas as well:

-  Go for a 'safari walk' and notice as many birds, creepy crawlies and bugs as you can.
-  Write down all the things you like doing that help you to be kind to yourself like drawing, listening to music, dancing, playing outside.
-  Draw a picture of something you like doing that makes you happy.
-  Think of 2 or 3 kind words to describe yourself.
-  Think about a happy memory you have and talk about it with your friends or family.
-  Do some colouring in to help you relax.
-  Make sure you look after yourself by eating healthy things
-  Make and share homemade gifts with friends and family.
-  Make a decoration for your Christmas tree. at home or school.
-  Notice how you feel when you do something kind.
-  Take a few moments to notice the noises around you. What do you hear - a dog barking, birds singing, machinery, traffic?
-  Design a wonderful wall of bricks in which you write your happy thoughts, ideas etc each day. Use happy colours, designs and images to make this special.
-  Make sure you look after yourself by doing 60 minutes of physical activity every day.
-  Make sure you look after yourself by getting 9-12 hours of sleep every night
- Practice and learn a new skill



# My Kindness Challenge



Everyone should always try to be kind so we have set you a Christmas kindness Challenge. To complete this kindness challenge all you need to do is to be kind every day leading up to Christmas and try to do 25 different acts of kindness (more if you can). This means that Santa Claus doesn't need to worry about you and can get on with all his work so he is ready for 'the big night'. How many 'Kindness Challenges' can you complete? Can you make up and complete your own 'Kindness Challenges' as well (write them in the blank table)? Each time you complete a challenge draw a star in the square or cross it off in the table below (you can have more than 1 star in each square). The more stars you collect the kinder you have been and this means that you will make Santa Claus especially happy and he will say "ho, ho, ho" lots more!

25

Include someone new in your games	Go for a 'safari walk' and notice as many birds, creepy crawlies and bugs as you can.	Say please and thank you to someone	Do some colouring in to help you relax.	Clear up a mess you don't make	Ask at home for a chore that would really help everyone out	Take a few moments to notice the noises around you. What do you hear - a dog barking, birds singing, machinery, traffic?
Read to someone else	Write down all the things you like doing that help you to be kind to yourself like drawing, listening to music, dancing, playing outside.	Offer help to someone	Make sure you look after yourself by eating healthy things	Encourage someone	Think about how you can be kind to the earth and climate - could you recycle more items?	Make sure you look after yourself by doing 60 minutes of physical activity every day
Leave a friendly note for someone (other than Santa Claus)	Draw a picture of something you like doing that makes you happy	Tidy up without being asked	Make and share homemade gifts with friends and family	Make a special Christmas card for someone	Write a thank you card to a teacher	Design a wonderful wall of bricks in which you write your happy thoughts, ideas etc each day. Use happy colours, designs and images to make this special.
Donate food or toys or clothes to people in need	Think of 2 or 3 kind words to describe yourself	Make someone laugh	Make a decoration for your Christmas tree at home or school	Clean your room without being asked	Say something nice to someone	Make sure you look after yourself by getting 9-12 hours of sleep every night
Hold the door open for someone	Think about a happy memory you have and talk about it with your friends or family	Let someone in front of you in a queue	Notice how you feel when you do something kind	Put food out for the birds	Tell someone special that you love them	Practice and learn a new skill

25







25



# My Kindness Challenge



25



## MY KINDNESS CHALLENGE IDEAS:


IT FEELS GOOD TO BE KIND





25



# My Kindness Challenge



25



## MY KINDNESS TRACKER

1.	2.	3.	4.	5.
6.	7.	8.	9.	10.
11.	12.	13.	14.	15.
16.	17.	18.	19.	20.
21.	22.	23.	24.	25.

IT FEELS GOOD TO BE KIND

NAME:





# Kindness Challenge



# CONGRATULATIONS



IS A VERY KIND PERSON AND HAS ACHIEVED THEIR 25  
ACTS OF KINDNESS CHALLENGE FOR CHRISTMAS.  
AMAZING & WELL DONE!

*Gateshead Schools' Health and Wellbeing Service*

GATESHEAD SCHOOLS' HEALTH & WELLBEING TEAM



IT FEELS GOOD TO BE KIND





# Kindness Challenge



## CERTIFICATE OF ACHIEVEMENT

THIS IS PRESENTED TO



FOR TAKING PART IN OUR KINDNESS CHALLENGE  
WELL DONE!

*Gateshead Schools' Health and Wellbeing Service*

GATESHEAD SCHOOLS' HEALTH & WELLBEING TEAM



IT FEELS GOOD TO BE KIND





# My Kindness Challenge



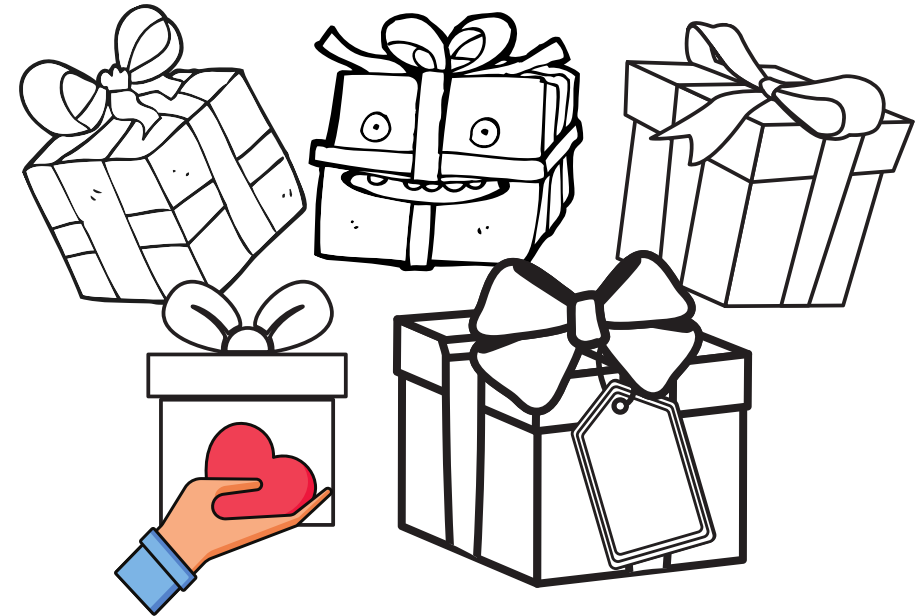
Every act of kindness you complete will put an extra present under a Christmas tree for someone – perhaps yours as well. Santa Claus & his elves also need some kindness to keep their spirits up as they prepare for their busiest night of the year. Try and complete some of the following tasks to help Santa and his elves.

1

Think about the people you would like to receive one of the extra presents you have earned from Santa Claus. Make a list and say why it would be really kind for them to receive one of these extra presents.

2

Some of the people on your list may not have a Christmas tree for Santa to put their present under. Can you design a new Christmas tree for a person from your list. Use the images below to help you with your design. You can colour them in if you would like and then use a blank piece of paper to design a new Christmas tree for the person on your list.



3

Finally Santa has asked if you can help him wrap all these extra presents please. He can get his elves to actually wrap the presents but he needs some help with how to wrap them. He wants them to look very special so people know they are presents of kindness. Think about the wrapping paper design, what pattern or images might it contain? What would you add to show that the present was wrapped with love, kindness and special thoughts for the person receiving this gift? There are some examples above that might help you with your ideas. Colour them in and/or decorate them while thinking about your design? Use a blank piece of paper to design your Christmas present.



# My Kindness Challenge



4

Santa thought you might like to make some of his special Christmas tree decorations for your classroom. This would help to give you some kindness for yourself, your classmates and your teacher. It is important to be kind to yourself as well as others. Santa's Christmas Tree Twirlers will make your classroom look great and make people smile when they see them.

## How to make Santa's Christmas Tree Twirlers – step by step instructions:

### Materials for 1 tree

- A paper plate
- Green paint & brushes
- Coloured paper – “paper scraps” in rainbow colours
- Scissors, glue stick, stapler
- Hole punch
- String or Bakers Twine



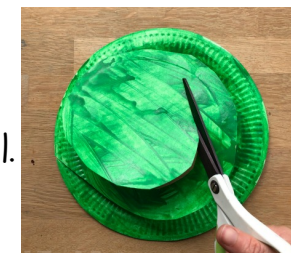
1. Paint your paper plate a lovely Christmas Tree green.

2. Let it dry and paint the reverse side.



3. Whilst waiting for the paper plate to dry, you can start cutting out some circles for baubles and 2 paper stars. You might also like to decorate these?

4. Once your paper plate is dry, get your scissors and cut a spiral into your Paper Plate to make the Santa Claus Christmas Tree Twirler. It should look a bit like a snail. **NOTE: the thicker your snail twirls the more compact your Christmas tree will be; the thinner the more “elongated” it will be.**



5.



Take a piece of string and tie a knot at one end.

Then staple it into place.

Next you glue your paper star to the top of your tree – make the string stick in between the 2 stars.



# My Kindness Challenge



6. Finally take your hole punch and make holes into your baubles and into your Christmas Tree Paper Plate. On the paper plate, try and spread them out evenly. You choose how many "baubles" you would like to add to your Santa' Claus Christmas Tree Twirler.



7. Your Santa Claus Christmas Tree Twirler is FINISHED! All you need to do now, with your teacher, is choose somewhere in your classroom to hang these and see how they make people smile.



# My Kindness Challenge



Every act of kindness you complete will put another present into Santa's sleigh. Santa will need a new sleigh to carry all these presents on Christmas Eve. He needs your help to make a new mode of transportation to get him from house to house carrying all these extra presents. Help design Santa's New Sleigh using a lot of detail to show us how he will now get around..



The Santa's on this page are to help you get started. You may like to use them or draw your own. The Santa's here don't have legs because they will be hidden inside his new sleigh. Colour in these Santa's and then cut them out. Using a blank piece of white paper you can either glue these Santa's to your page or trace his outline. Now draw your new Santa's sleigh but remember it has to be able to carry all the extra presents. You should fill up the whole page and use a lot of detail to help Santa Claus and his elves build this new sleigh. It would also help Santa Claus and his elves if you could write down what your new sleigh is - is it rocket powered, does it have an engine to help the reindeers, what material is it made from etc?





25



# My Kindness Challenge



25



Every act of kindness you complete will put another present into Santa's sleigh. Santa will need a new sleigh to carry all these presents on Christmas Eve. He needs your help to make a new mode of transportation to get him from house to house carrying all these extra presents. Help design Santa's New Sleigh using a lot of detail to show us how he will now get around..



The Santa's on this page are to help you get started. You may like to use them or draw your own. The Santa's here don't have legs because they will be hidden inside his new sleigh. Colour in these Santa's and then cut them out. Using a blank piece of white paper you can either glue these Santa's to your page or trace his outline. Now draw your new Santa's sleigh but remember it has to be able to carry all the extra presents. You should fill up the whole page and use a lot of detail to help Santa Claus and his elves build this new sleigh. It would also help Santa Claus and his elves if you could write down what your new sleigh is - is it rocket powered, does it have an engine to help the reindeers, what material is it made from etc?



25



# My Kindness Challenge



25



WONDERFUL WALL: You might like to use this wall of bricks image to help you start the design and ideas for your own wonderful wall; remember a Wonderful Wall is where you record happy thoughts, ideas etc each day. Use happy colours, designs and images/photographs to make your wall special.

