




Kindness Calendar



Knowledge
Through
Entertainment

FILM

-  **Elli's Little Corona Lesson – Totally Mad!**
-  **Elli's Little Corona Lesson – Corona without Granny and Grandpa**
-  **Sci-PY Reporters – Be Happy. Stay healthy**

KEY OBJECTIVES

- 1** Understanding that kindness can bring about positive physical and mental changes in an individual.
- 2** Encouraging children to carry out simple acts of kindness that are fun and meaningful and can turn someone's day around.
- 3** To ensure they get a good dose of warmth to be able to grow into healthy human beings.

INTRODUCTION

The emotional health of our children may have undergone drastic changes during the pandemic. Being under lockdown and not being able to do the things they enjoy the most might have taken them through a range of emotions which sometimes result in outbursts. Children need to understand that sometimes it is perfectly alright to feel certain emotions.

This activity helps children understand that they we can get through tough times using simple acts of kindness. They learn to keep themselves engaged with fun and purposeful activities which open their mind to spreading positive energy and optimism. They realize that showing empathy through our actions can have a beneficial impact on not just themselves, but also on others around them.

Simple acts of kindness have a range of effect on people- building resilience, acceptance, emotional growth and spreading joy. As they continue to do the activity over the days, they may notice that kindness can be very infectious.

TOPICS

Mental health values arts & craft
routine building hobby

KEYWORDS

Kindness emotional health
positive energy optimism
resilience acceptance visualization
tasks actions

LEVEL

Elementary School Primary School

RESOURCE TYPE

Activity

INTENDED AUDIENCE SIZE

Any number

MODE OF DELIVERY

To be done individually

TIME FOR ACTIVITY

One task per day for as long as needed

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GUIDING QUESTIONS

- What does kindness mean? Can you give an instance where someone has been kind to you? How did that make you feel?
- Give an instance where you were kind to someone. How did that person react?
- What has been the most challenging thing during the lockdown? Has that had any effect on your behavior or temperament?

MATERIALS/PREPARATION

For the starter activity

- **A device to play the audio file.**

You may choose to narrate the script on your own, in which case no additional material is required.

For the main activity to make your own calendar

- **A book or a sheet of paper**
- **A pen or a pencil**
- **Coloring pens/ pencils**
- **Art & Craft supplies (as needed)**

You may also choose to take a printout of the sample calendar given (Google slide link attached below) and follow the acts mentioned in that document.

TASKS/PROCEDURE

PART 1: VISUALIZATION (STARTER ACTIVITY)

The educator can either read the script below or click on the attached audio link to play it for the students.

Script for the visualization

Hello. I hope you are well. I am going to tell you a story and I want you to visualize what I am going to say.

Let's begin by finding a comfortable position. You can sit with your back straight, either on a chair or with your legs crossed on the floor. You could even lie down on your back. Choose whatever position you are comfortable with. Now you are in your own special place.

Close your eyes and take a deep breath. Breathe in and breathe out. Can you feel your chest rise as you breathe in and notice how it falls as you breathe out? Focus on this breathing- breathe in and breathe out.

Now, as you breathe, let your mind make pictures... like a dream.

Imagine yourself standing by a lake that is surrounded by tall trees. You look around you and it is beautiful. You can see the white puffy clouds in the sky. You can feel the gentle cool breeze on your cheeks and you can hear the birds in the trees. You feel very happy and peaceful. Then you hear a muffled sound coming from somewhere behind you. It sounds like a feeble whistling sound that a bird would make. You turn around and realize that it is coming from under a fallen branch. You decide to explore. Carefully you walk towards the branch and look around. You hear it again and you follow the sound and find a young bird, a duckling, stuck between the branches. It looks scared and helpless. You decide to help the little duckling. You carefully lift the branch making sure not to hurt the little bird. At first duckling's call becomes sharper, but when it realizes that you helping, it stops calling. You move the branch and the duckling is free. You watch how it stumbles towards the lake. You decide to give it a helping hand. You carefully

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lift the duckling with your hands. You can feel its soft fluffy body and it's beating heart. You walk towards the lake and gently free the little bird by the edge of the water. The duckling seems happy as it takes to the water.

You feel so happy to see the duckling swimming in the lake. You feel content that your actions helped another living being. You take a deep breath and smile.

Now gently open your eyes.

Audio file for the visualization

The educator then asks the children the following guiding questions to begin the conversation about kindness and empathy:

- 1 **What quality do you think you exhibited in that story?**
- 2 **Were you proud of yourself?**
- 3 **How do you think you would have felt if you did nothing to help the little bird?**

PART 2: MAKE YOUR CALENDAR (MAIN ACTIVITY)

Now that we know our kind actions have a positive effect on others, let us see if we can make that a part of our daily routine. Let's make a kindness calendar.

Take an A4 sheet or a book and draw out the calendar of the month. Ensure that each date box has enough space for you to write a small line inside it.

You can make a calendar as shown in the image.

Use coloring pens/pencils or crayons to make your calendar attractive. You may use stickers or other embellishments to do this. Let your creative side show!



Sit with your teacher/ parent/ guardian and discuss some acts of kindness that you could add to your calendar. Please make sure that your activities do not endanger you or anyone else.

Once your calendar is ready, you can put it up on the wall or any other place where you can refer to it on a daily basis to complete the tasks on it.

You may refer this [Google slide link](#) for some ideas

FOSTERING DISCUSSIONS

This activity develops over a longer period of time (months). So it would be nice to have an extended discussion with the children on their progress. The idea is to inculcate kindness as a habit in the children. So perseverance is a key in this activity.

- 1 **How has this activity helped you?**
- 2 **What did you feel when you did the daily tasks?**
- 3 **Did you notice any change in other people's behavior towards you?**

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SAFETY INSTRUCTIONS

- 1 **Adult supervision is advised.**
- 2 **Ensure that the activities mentioned in the calendar are doable by the children.**
- 3 **Take care that the activities do not put anyone in danger.**

POSSIBLE EXTENSIONS

- Exploring the visualization activity further, the children can learn about effective breathing techniques and understand how our lungs work. Please refer to the Science Film Festival 2021 activity 'Breathing Our Way to Well-Being'
- Children can make an empathy garland using old newspaper/colored card sheet/used paper etc. Start by cutting a 10cm x 2cm strip of paper. Stick the top end to the bottom end so as to form a circle. You have made your first loop. This represents your first act of empathy. Now every time you do a kind act, make a new loop and connect it to your previous loop. Soon you will have your own empathy garland.



- Write a story or a poem about kindness. Pen down your thoughts and emotions. It can be very rewarding to let your feelings flow through words.

AUTHORS AND SOURCES

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