

**The Kindness Challenge. Talk, Share, Play more...
supporting the NSPCC.**

Monday 30th September – Sunday 6th October

- Support the National Society for Prevention of Cruelty to Children (NSPCC).
- Complete activities at home and school and write your initials and the activity you have done on the kindness acts sheet which will be in your form room.
- Encourage your family to donate to the NSPCC.
- Have fun being kind to others and yourself.



MATT'S STORY

Matt called Childline when he was 11. Childline is always there for children and young people, whether their issue is big or small.

When I was around 11 years old, I was crying a lot, often over what seemed like small things.

I didn't understand why I was crying or what upset me. Still, I remember feeling very alone at the time. I wasn't one of the cool kids. I didn't have close friends and was often picked on.

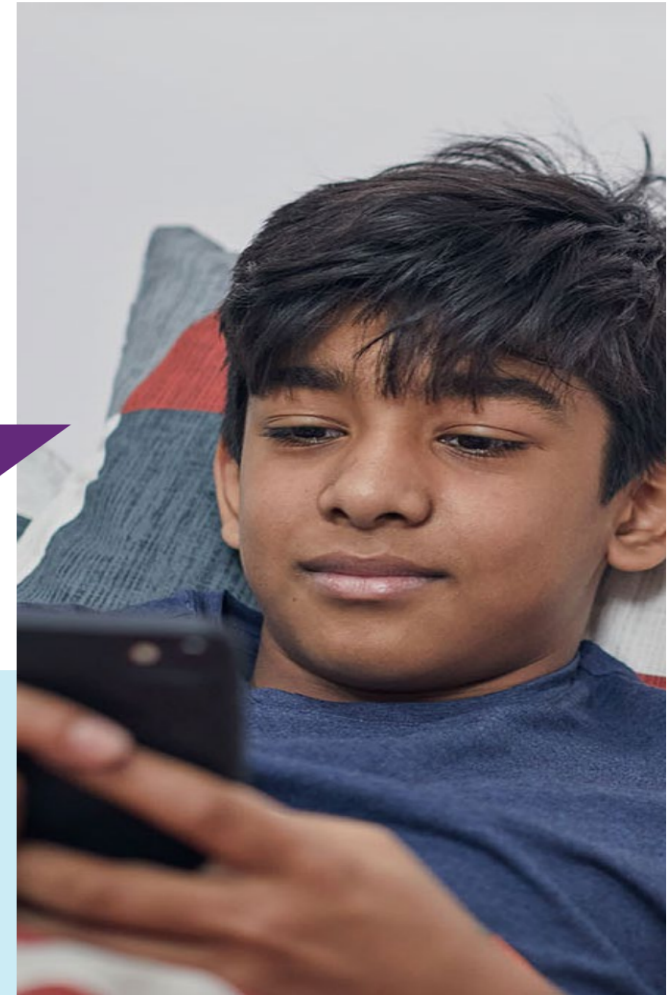
My mum was helpful but I was embarrassed about the crying and felt I needed more help so I contacted Childline. It felt like a really big step but I was really worried.

The counsellor at Childline listened to me and told me it's OK to cry sometimes.

It was very comforting. It was like they were saying – 'it's OK, you're normal', which was a big relief to me. I felt like they took me seriously, like I had a real problem and wasn't 'just being a kid'. I felt they listened. They didn't judge me or try to tell me what to do.

I knew that Childline was there for me if I needed them again and they made me feel a lot better about myself.

Many children who call Childline are like I was, upset but don't really know why. It's amazing how much of a difference a few kind words can make. It doesn't matter how big or small you think your problem is – Childline can help.



CASE STUDIES



childline

ONLINE, ON THE PHONE, ANYTIME

Whatever it is – we're here to listen.
Chat to us anytime, on the phone or online.
Call 0800 1111 or visit childline.org.uk/kids

Childline is a service provided by the NSPCC. ©NSPCC 2023. Registered charity England and Wales 216401. Scotland SC037717 and Jersey 384. Photography by Tom Hull. The young person pictured is a model. J20230096.

Spreading kindness across the **school community** while helping Childline be there for children.



Get to know someone in your class you don't normally talk to

Smile and say good morning to someone who works in your school

Help someone who is stuck on their classwork

Write a thank you letter to a friend or teacher

Hold the door open for someone

Say 'please' and 'thank you' to teachers and classmates

Decorate Kindness Rocks and leave them around your playground

Thank your teacher for being patient teaching the lesson today

Sit next to a classmate you don't normally eat lunch with

Give positive feedback to someone in class who presents or reads something

Listen to classmates during discussions and presentations

Pick up litter in your playground

Make sure you encourage your parents to donate.

Pick up litter in your playground

the

KINDNESS

challenge



Create kindness and raise money for young people

Spreading kindness at **home** while helping Childline be there for children.

- Help with a chore – loading or emptying the dishwasher, gardening, making your bed, tidying your room.
- Leave a note for your parent to make their day.
- Recognise something someone in your family has done well and share this with them.
- Be kind to yourself – play your favourite music, write a journal for the week and reflect on what has happened and how you have felt, share a book with a family member.
- Call a relative you haven't seen for a while.
- Spread the kindness and smile as much as you can to those you see – neighbours, friends and family.
- Write a thank you note to a member of your family.
- Make a snack or breakfast for someone in your family. **Make sure you are supervised at all times.**
- **Encourage your parents to donate.**

the

KINDNESS

challenge



Create kindness and raise money for young people

Spreading kindness across the school community while helping Childline be there for children.

Break Time Activities

- Monday - Get to know someone new in the playground. Teach them how to play a game or find out what they enjoy.
- Tuesday – Go for a walk and talk to a friend. Share how you are feeling.
- Wednesday – Make sure you say thank you for your snack/lunch.
- Thursday – Be kind to yourself by looking after your body and get active in the courtyard with Mrs Hillier.
- Friday – Do something you love and that makes you feel good.
- Saturday – Use your senses and observe what you can see, hear, smell, touch and taste

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- Encourage your family to donate to the NSPCC.
- Have fun being kind to others and yourself.
- Think about how kindness spreads – the difference your kindness makes to others.
- [Life Vest Inside - Kindness Boomerang - "One Day" \(youtube.com\)](#)

