

# The Snowman™ AND THE SNOWDOG



Kindness Calendar  
For children aged 5 to 7

In partnership with





# The Snowman™ and The Snowdog Kindness Calendar



Children are encouraged to learn about and practise kindness this winter with The Snowman™ and The Snowdog in our new kindness calendar.

The British Red Cross is here to support children to think about the importance of kindness and friendship in their lives. The calendar, featuring The Snowman™ and The Snowdog (in partnership with Snowdog Enterprises Ltd), helps children see the power and strength of kindness to enable them to cope with change and support their wellbeing.

## How to use the pack

You can use the blank kindness calendar and supporting activity sheets in this pack, featuring The Snowman™ and The Snowdog, with children aged 5 to 7 to encourage daily acts of kindness and further explore topics relating to kindness and friendship. Each activity contains suggested timings, learning objectives and step by step instructions. You can print the sheets for learners to complete with the help of an adult, or incorporate the activity ideas into your own lesson plans featuring our friends The Snowman™ and The Snowdog.

## What's included in the pack

- ★ Blank kindness calendar with a list of suggestions
- ★ Creative activities exploring the meaning of kindness and friendship
- ★ Images and text from the story of The Snowman™ and The Snowdog, the animated sequel to Raymond Briggs' much-loved picture book The Snowman™.

## By completing the activities in this pack children will:

- ★ Reflect on the meaning and importance of kindness and friendship
- ★ Learn that we can celebrate our differences and similarities
- ★ Learn ways to show kindness and think about the power of kind words
- ★ Think about how we can help people feel better
- ★ Reflect on how it feels to be kind and make a kindness goal.

To find more kindness and online resources please visit [redcross.org.uk/education](https://redcross.org.uk/education)



# Kindness calendar

Use the kindness calendar throughout winter to write down kind acts and see how they can help other people and yourself. When you have completed a kind act you can tick or colour in the snowflake for that day.

There are some suggested acts of kindness in the pack to help get you started.

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	26	27	28
29	30	31				

**Congratulations!**





# Acts of kindness?

Get inspired by these suggested acts of kindness.  
Use these as a start to think of your own ideas.

Remember to fill in your calendar when you have done a kind act, by ticking the box or colouring in the snowflake on the day on the calendar.

Your safety is important. Make sure you have the help of a teacher or trusted adult to do these kind acts if needed.



## Kind acts for yourself:

- ★ I can be kind to my body and mind by going for a walk and seeing something that flies, something that is furry and something that is green.
- ★ I can make sure I am looking after myself by getting plenty of sleep, exercising and eating healthy things.
- ★ I can write or draw all the things I like doing that help me to be kind to myself, such as listening to music, making something or playing.

## Kind acts for others:

- ★ I can do something helpful for a friend or family member.
- ★ I can help around the house. I can keep my bedroom clean or help with the chores.
- ★ I can tell a school friend or sibling, three things I like about them.
- ★ I can remember to say please and thank you when someone has done something for me. Little things can make a big difference.
- ★ I can invite someone new to play with me in the playground.

## Kind acts together:

- ★ We can host a festive race or party in our class like in the story. We can decorate the classroom and have some fun together.
- ★ We can make a 'kind classroom promise' together by thinking of things that would make the classroom kind.
- ★ We can remember to recycle and be kind to the environment.
- ★ We can have 'mindful moments' at school. We can get in a circle and imagine we are a tree gently blowing in the breeze by closing our eyes and swaying.



Start your calendar by writing a list of all the people you want to be kind to, whilst thinking "how can I be kind to them?"

Or what help do they need right now?"

Think about one friend or family member you can be kind to and what things they might like.

# What is kindness?

The  
Snowman™  
AND THE SNOWDOG



15 mins



Pens or  
colouring pencils

Look at the picture of The Snowman™, The Snowdog and Billy. In circle time or with the people in your house, talk about kindness.

Can you think of an example of kindness or a kind act?

How do you think people feel when others are kind to them?

Why do you think being kind is important?

The British Red Cross think being kind is important because it shows people that we are all human, and we are all here to help each other. Do you agree?

You will learn to reflect on the meaning and importance of kindness and friendship



Use this space to draw a picture of something kind or write down your answers.

# KINDNESS IS...



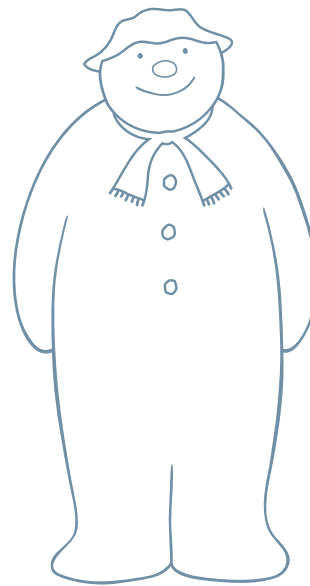
Think about the kind acts you can do for yourself, your friends, family and community over the next month and mark it on your kindness calendar.

# Kindness card

 Use the card template to send a message of kindness and friendship to someone you know.


You can also get creative and design your own messages and cards of kindness.

Telling someone you are thinking of them could make them feel happy and cared for.



The  
**Snowman™**  
AND THE SNOWDOG

  
**20 mins**

  
Pens or colouring pencils, a way to send the card

You will learn a way to show kindness to a friend and think about the power of kind words

When you've finished colour me in.



Can you give the card to someone? This could be one of your kind acts for your calendar.

Perhaps your school or family could get in touch with a local community group to see if they would welcome the card. Alternatively, you could send the card to someone you know or take a picture of it and send that to them instead.

 Cut along dotted line

Fold Here

# IT'S COOL TO BE KIND



In partnership with

**BritishRedCross**

The Snowman™ and The Snowdog are used with permission and under licence from Snowdog Enterprises Ltd.  
© Snowdog Enterprises Limited 2022. THE SNOWMAN™ © Snowdog Enterprises Limited 2022  
The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949), Scotland (SC037738) and Isle of Man (0752).

# What is friendship?

The  
**Snowman™**  
AND THE SNOWDOG



15 mins



Pencil

You will learn to  
identify qualities  
of a good friend

Think: What does friendship mean  
to the characters in the story?  
Why is friendship important?

You could think of friendship as  
understanding and being kind  
to one another.

Draw your own "snowman friend", to show what things you think a good friend  
needs to have. Think about the friendship between The Snowman™, The Snowdog  
and Billy. What made them such great friends? This can also be done as a class  
and you can create a large snowman display.

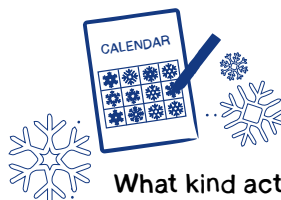
Eyes to notice  
when I need help

A head full of ideas  
and imagination

A happy smile to  
cheer me up

Big ears  
to listen

Big arms to hug  
and help me



What kind act can you do for your friend today?  
Mark it on your kindness calendar when you do it.

# Create your own word search

The  
Snowman™  
AND THE SNOWDOG

Create your own word search. You can use the words in The Snowman™ and The Snowdog story and any new words that you link with kindness.

 10 mins  Pencil

Step 1 - think of any words that you link with kindness.

Step 2 - write those words into the word search.  
You can write the words in any direction!

Step 3 - once you have filled in the boxes with as many words as you can, fill in any empty boxes with random letters to complete the word search.

Step 4 - now give your word search to someone else to solve!

You will learn to reflect on words that can be linked with kindness

Write your kindness words here so someone else can find them!

						l			
						i			
						s			
						t			
						e			
						n			
		h	u	g					

listen

hug



Give someone your wordsearch to complete as your kind act for today.



# Friendship in action

## The Snowman™ and The Snowdog story

The  
Snowman™  
AND THE SNOWDOG



20 mins



A coloured  
pencil to  
highlight

You will learn to  
identify and think  
about friendship



When a young boy, Billy, moves to a new house, he is lonely and misses his old dog. He finds a secret box hidden under the floorboards. In it are a hat, scarf, some lumps of coal and an old tangerine - a snowman-making kit!

Later that day it snows, and Billy builds The Snowman™ and, with a little spare snow, The Snowdog. That night, at the stroke of midnight, The Snowman™ and The Snowdog magically come to life.

The boy awakes and joins them on an amazing adventure, flying over London and onwards to the North Pole, where snowmen and snowwomen from around the world are gathering for 'The Annual Downhill Race'. They enter the race, competing with an assortment of colourful characters.

Billy and The Snowdog narrowly win and are rewarded with a prize. Dawn is breaking so Billy stuffs the present unopened into his pocket for the journey back. Once home Billy must leave his new friends outside and return to bed - but first, a wonderful surprise awaits him - The Snowdog has come to life and he now has a new friend by his side.



# Friendship in action (Continued)

## The Snowman™ and The Snowdog story


Now that you have read the summary of the story, answer the questions below

How is friendship important to the story?

How do The Snowman™ and The Snowdog support Billy?

How do friends help you through tough times?

Draw a picture or write a story of when a friend helped you, or you helped your friend.



Can you reuse something you already have as part of your kind act for today?  
Why would reusing things be a kind act?



# Comic strip

Here is a comic strip of the story of  
The Snowman™ and The Snowdog.



30 mins



Pencil

The pictures are jumbled up, can you put  
them in the right order? Put the correct  
number in the star in the corner of the picture.

You will learn to reflect  
on the story and  
sequence the key events



The Snowman™ and The Snowdog  
come to life at midnight.



Billy goes to bed with  
his new friend.



Billy returns home. The Snowdog  
comes to life and is real.



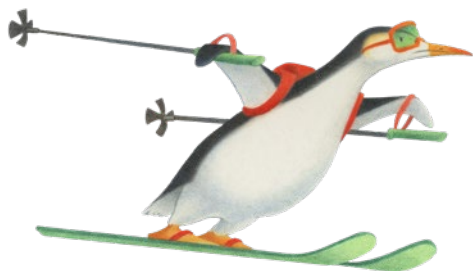
Billy builds The Snowman™  
and The Snowdog.



Billy moves to his new house  
and is lonely, missing his dog.



Billy and the Snowdog enter  
the annual downhill race and win.



See next page for more...

# Comic strip (Continued)

Loneliness, friendship and kindness are the main themes of The Snowman™ and The Snowdog story.

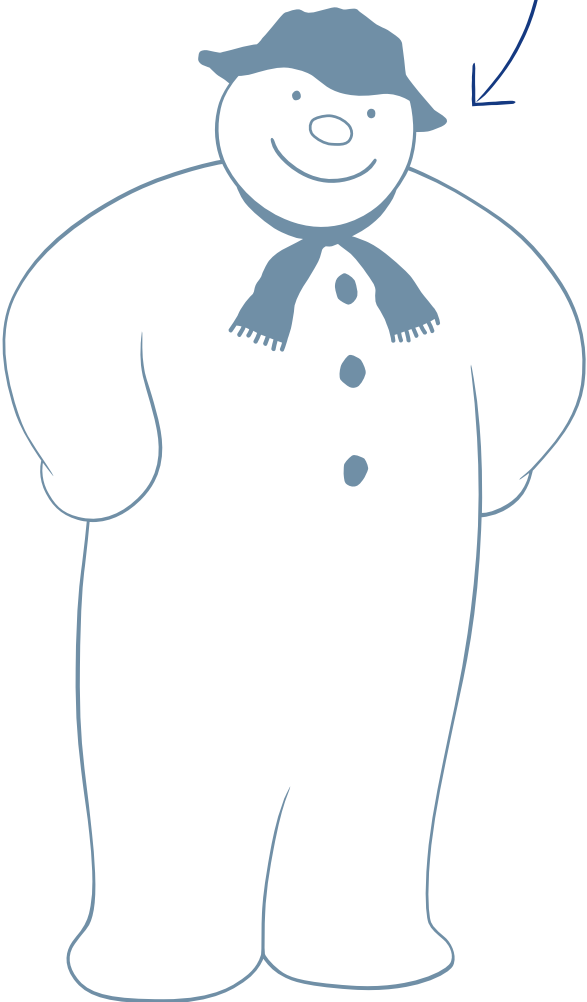


Can you think of a time when you have been lonely and someone has said or done something kind to help you feel better?



After reading the summary of the story of The Snowman™ and The Snowdog, can you write your own story on what might happen next?

Colour me in to go with your story!





Can you read your story to someone who may enjoy it?



# Game of memory

The  
Snowman™  
AND THE SNOWDOG



30 mins

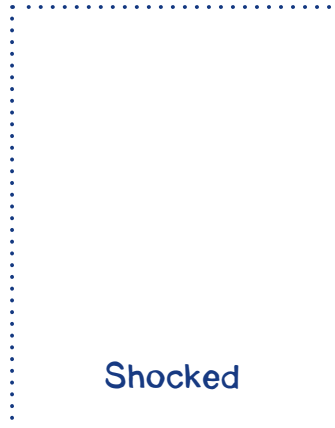
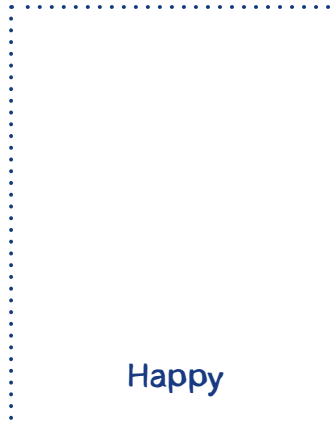
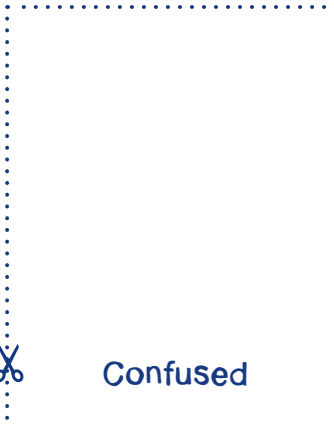
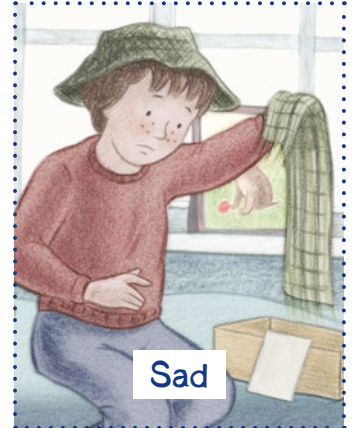


Colouring pens or pencils and an adult to help cut things out

This is a game of memory. The top card has been filled for you. Fill in the bottom card with your own picture of the feeling to make a pair. Then, cut out the cards and play the game.

This game needs at least 2 players. Find an adult or teacher to help you get started.

You will learn to identify different emotions that you can react kindly to



How many matching cards can you find?

Set-up: Mix the cards and place them face down.

Playing: Take it in turns to go.

On your go, turn over two cards.

If they match, keep them. If they don't, turn them back facedown and now the next player can go.

When all the pairs have been found, the game is over.

Whoever finds the most pairs is the winner.



Ask someone to play this game with you so you can both enjoy it!

# What would you do?

The  
Snowman™  
AND THE SNOWDOG

Here are four pictures of different feelings.  
How can you act with kindness to the person  
in the picture? What could you say or do?



15 mins



Pencil

You can write or draw your answer in here

You will reflect on ways  
to react with kindness



Proud



Lonely



Confused



Hurt



Think about how you can react next  
time someone shows these emotions.



# Helping others

The  
**Snowman™**  
AND THE SNOWDOG

Think about ways we can help others. In the story, The Snowman™ and The Snowdog helped Billy feel better when he was sad.



20 mins



Pencil

Read the story or the summary again, and think about the ways they helped him, and the ways Billy might have helped them in return.

You will learn to identify ways we can help others feel better

Think about the situations below and talk about how we might help someone feel better in these situations.

Match the 'how to help' to the problem.

## The problem



Someone who is sad because they have no friends to play with.



Someone who is worried about starting school.



Someone who is hurt. They've bumped their head.



Someone who is angry because someone said something mean to them.



Someone who is fed up and wants some time alone.

## How to help

- ★ Tell them that it will be ok. Ask them to think about the good things about starting school.
- ★ Invite them to play with you
- ★ Ask if they are okay, and listen to their problem.
- ★ Give the person some space to rest.
- ★ Tell an adult so they can help them get something cool to put on the bump.



Helping someone is a kind thing to do. Can you think of how you could help someone today? Add it to your kindness calendar when you've done it.

# Chain reactions

The  
Snowman™  
AND THE SNOWDOG

Every kind act can have a reaction. The more kind acts we do, the more kindness is spread around.

Finish the sentences in the snowflakes to create your own chain of kindness.



10 mins



scissors, pencil,  
string or paperclips

(Adult supervision will  
be required throughout)

You will learn how a kind  
act can impact others  
and their actions

If someone feels...

I can...

Then they will feel...

Cut out your snowflakes and  
join them together using wool,  
paperclips, or string. You can  
hang up your snowflake chain  
to remind you of how kindness  
creates more kindness



Ask someone else to add a snowflake  
to your chain. This can keep the  
kindness going and help others  
understand what you've just learned.

# Colouring

The  
Snowman™  
AND THE SNOWDOG

Colouring can be a kind act, for yourself and also for others if you give them the picture when you are finished.



Can you give this colouring to someone as a kind act? Don't forget to mark off the days you were kind on your calendar.



# Me, Us, Others

The  
**Snowman™**  
AND THE SNOWDOG



20 mins



Pencil

In each section of the snowman below, write a kind act that you can regularly start to do from today.

You will learn to identify ways to be kind that you can start today

Firstly, think about something you can do for yourself and write it in the snowman's head. This could be saying something kind to yourself each morning.

Now think about something kind you can do for your friends and family. Write your idea in the snowman's tummy.

Lastly, write something in the snowman's legs that you can do for your community. This could be creating a 'How to be kind' poster and sharing it in your school or saying hello to your neighbours.



Look at your kindness calendar. You should feel proud about what you have achieved so far! Take a moment to pat yourself on the back.

# Looking forward

The  
Snowman™  
AND THE SNOWDOG

Think about everything you have learned about kindness, friendship and helping others. What is the key thing you have learned? Share your answer with someone in a pair.



10 mins



Pencil and adult  
to help cut  
things out

Now, set yourself a goal for the future. How can you continue to be kind? Pick a kindness goal for the next year.

You will plan how to be kind in the future, using what you have learned by using the winter kindness calendar

- ★ Will you remember to share your toys with others?
- ★ Will you tidy up after you finish using something?
- ★ Will you use please and thank you when someone does something for you?
- ★ Will you say something kind to your friends and family every day?

Draw a picture below to remind yourself to do it, ask an adult to help you cut out the shape below and hang it somewhere you can see it.

My kindness goal is...



Write the word 'Finish' onto The Snowman's banner. Reflect on the kind acts you've done. How does it feel to be kind to your friends and family?



The  
Snowman™  
AND THE SNOWDOG

# Congratulations

on completing your Kindness Calendar

.....

Has successfully completed a number of kind acts with the British Red Cross  
and The Snowman™ and The Snowdog

.....

Signature



In partnership with

