

The Snowman™ AND THE SNOWDOG



Kindness Calendar
For children aged 7 to 11

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 to support our 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 7 to 11 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 independently, 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 suggested kind acts
- ★ 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 change can make us feel and act and how we can cope with change
- ★ Reflect on the past and think about how what we've learned can help us in future.

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



Kindness calendar

Use the kindness calendar throughout winter to record your kind acts and see the positive impact of your kindness makes to yourself and those around you. 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 starter to think of your own ideas.

Remember to tick the box or colour in the snowflake when you complete your kind act of the day.

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:

- ★ Be kind to my body and mind. Take a walk and note down something that flies, something that is furry and something that is green.
- ★ Make sure I look after myself. I can do this by getting plenty of sleep, exercising and eating healthy things.
- ★ I can spend five minutes each day thinking about things I like about myself.

Kind acts for others:

- ★ I can do something helpful for a friend or family member.
- ★ I can help around the house by keeping my bedroom clean or helping with the chores.
- ★ I can tell a school friend or sibling three things I like about them.
- ★ I can make and share homemade gifts with friends and family.
- ★ I can hold the door open for someone today or remember to say please and thank you when they've done something for me.

Kind acts together:

- ★ We can call, write or video chat with a friend or relative we have not seen for a while.
- ★ We can host a festive race or party in our class like in the story.
- ★ We can share our kindness by encouraging others to be kind to each other with a poster or assembly on kindness. We can come up with a kindness pledge.
- ★ Together as a class for the next year, what one thing will we try and do every day from now on?

Acts of kindness (Continued)

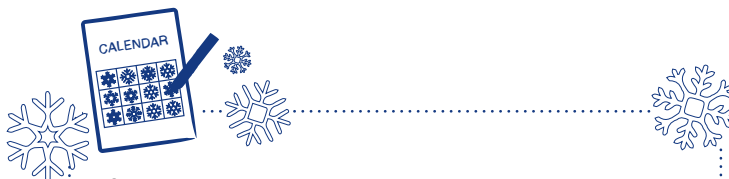
Kind acts for the community:

- ★ I can think about being kind to the Earth and climate, like using scrap paper to draw on and putting used paper in the recycling bin.
- ★ I can arrange a litter-picking or plant some bee friendly flowers in my school playground.
- ★ Think about some changes you can make to your life or school to help the planet. What about meat free Mondays? Have a digital free day?
- ★ I can donate any unwanted books, clothes or toys to a charity shop. Or I could do a toy exchange with a friend.

Why are kind acts important?

Kind acts help us to put kindness into action. A kind act can go a long way to making someone feel supported and happy.


What can you do in your life and community to be kind?



Start with the people around you. Think about the people closest to you in your life. What can you do for them?

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

What is kindness?

 What does the word kindness mean to you. Using the first letter of each word to finish the poem.



15 mins



Pencil

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

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Why do you think being kind is important? Write down or draw your ideas. Then look at one answer below:



Being kind is important because it shows people that we are all human, and we are all here to help each other.



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.

What is friendship?

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What does the word "friendship"
mean to you?



15 mins



Pencil

Friendship could be a
connection between you and
other people, where you
understand and are kind to
one another.

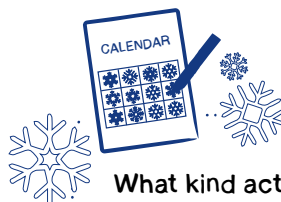
You will learn to explain
what friendship is and to
identify key qualities of a
good friend

What makes a good friend? Use the space below
to write your ideas.

Good friends...

for example: Good friends listen to each other.

Now think, why is friendship important?
Use the space below to write your ideas



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



Pencil



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!

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

[illegible]

lijsten

hug

CALENDAR

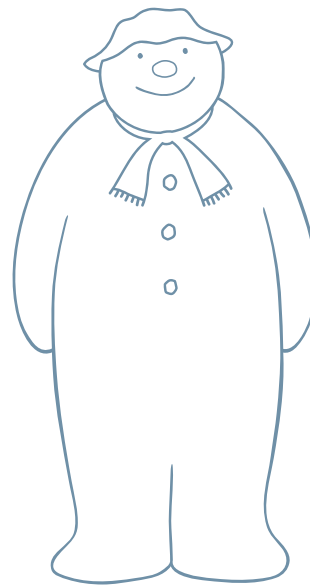
Give someone your wordsearch to complete as your kind act for today.

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
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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



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Friendship in action

The Snowman™ and The Snowdog story

The
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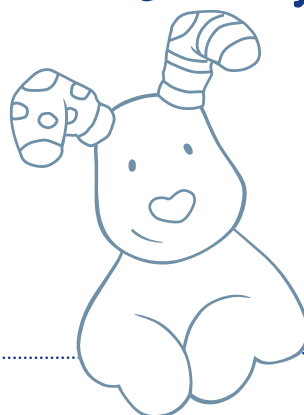
20 mins



A Pen to
Highlight

You will learn to
identify and think
about friendship

Read the summary below and highlight
the moments of friendship and
kindness you can see.



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

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



30 mins



Colouring pens
or pencils

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.



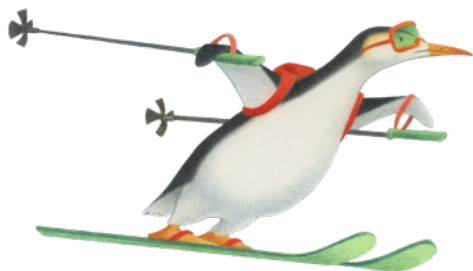
Billy builds The Snowman™
and The Snowdog.



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.

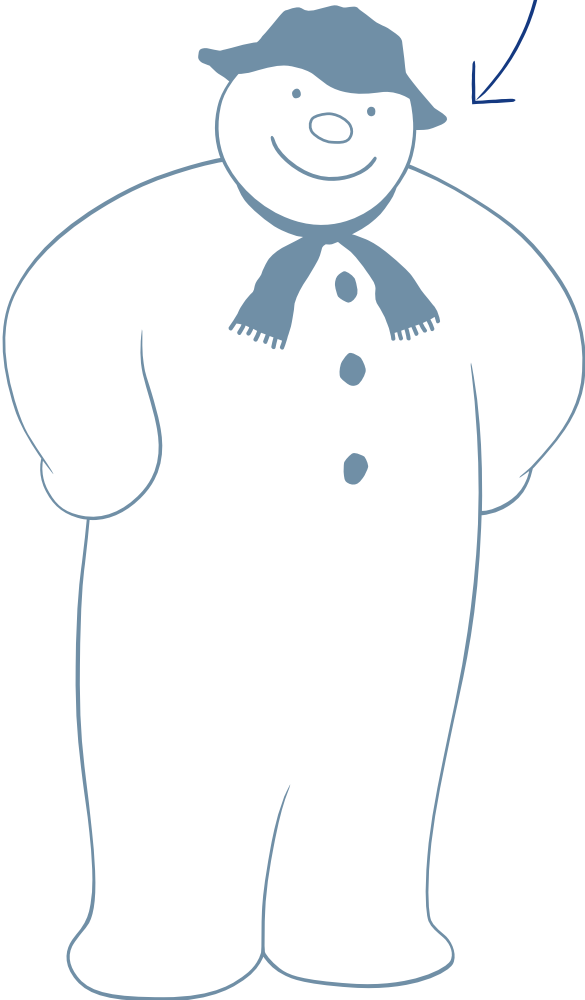


Can you think of a time when you have been lonely and someone has said or done something kind to help you feel better?



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!



Game of memory

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30 mins

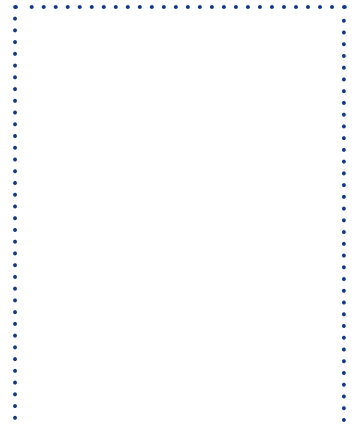
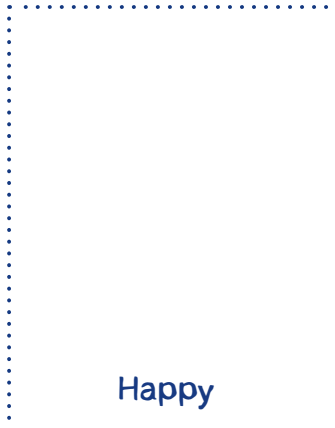
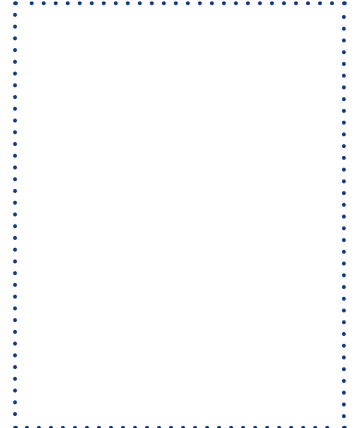
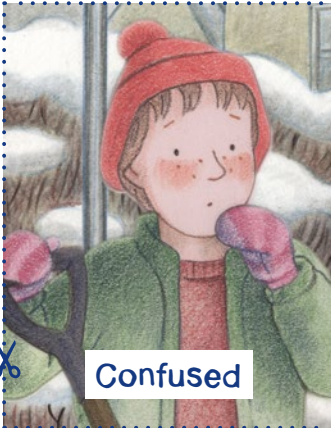


Colouring pens or pencils and an adult to help cut things out

This is a game of memory. Complete the cards by copying the picture to make a matching pair. The last pair is blank for you to think of your own feeling. 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?

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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.

Understanding change

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The characters go through a lot of changes in the story.



20 mins



Pencil

Sometimes change can be good - like The Snowman™ and The Snowdog magically coming alive - but sometimes it can be a challenge.

You will learn to explain how change can make us feel, and how we can cope with changes

Think about the changes that happen in the winter time.

Fill out the notes below with your ideas.

Now think about how they might make people feel and act differently.

Changes

For example:

The weather gets colder, it might snow.

Your turn...

How might they make people feel?

Sad about the cold weather

Excited for the snow

How might it make them act?

They might stay indoors more and be more grumpy

They might check the weather more often

How could we help someone cope with changes?
Imagine your friend was struggling with one of these changes, what could you do to help them?



Actively listening to someone can help them when they are dealing with changes. Can you listen to someone you know as a kind act for your calendar?




Chain reactions

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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...

So they might...

Then they will feel...



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

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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.

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Me, Us, Others

The
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AND THE SNOWDOG



20 mins



Pencil

In each section, 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.

Time for reflection

The
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AND THE SNOWDOG



30 mins
or 4 x 10 mins
Activities



Pencil

Think about what you have learned about kindness, friendship and change.

Sit down and give yourself some time to think.
Close your eyes and relax if you want to.

Then write down an answer or think about the questions below.

Something I am proud of is...

Something I am thankful
for is...

Something I learned that
can help me next year is...

You will learn how to reflect on
your year, and identify what you
are proud of and what you are
thankful for



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
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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



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