



kindness

Challenge

with



The idea is to spread kindness across Kent and Medway so please share these ideas with your children, family, friends and colleagues. You can share the ideas in person or online but remember to use the hashtags:

[#BeKind](#) [#WorldKindnessDay](#) [#BeKindSigns](#) [#artsandkindness](#)

and tag us in so we can see, share and celebrate your kindness.

You can tag us in the following ways:

www.twitter.com/K_C_U

www.facebook.com/KentChildrensUniversity

www.youtube.com/KentChildrensUni

www.instagram.com/KentChildrensUniversity



For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@kent.gov.uk

www.facebook.com/KentChildrensUniversity



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What is Kent Children's University™?

Kent Children's University is part of an international charity that provides 5 to 14 year olds with access to exciting and innovative Learning Activities and experiences outside of the normal school day.

Raising children's aspirations is important to us. We celebrate achievement and reward participation through the award of Children's University certificates.

Any child, aged 5 to 14 years can join us and, when issued with a Passport To Learning, is able to take part in Validated Learning Activities and experiences and national Learning Destinations.

Each hour of Children's University Validated learning they complete brings the child closer to a Graduation ceremony held at a Kent University.

How can we get involved?

Check with your child's school to see if they are running or planning to run Kent Children's University. If not, we have a Family Membership model that you can look at and subscribe to via www.kcuchallenges.co.uk



For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@kent.gov.uk



www.facebook.com/KentChildrensUniversity



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If you are not part of Kent Children's University, but would like to earn Learning Credits, you can download a temporary Passport to Learning from www.kcuchallenges.co.uk We can always transfer them to a real Passport to Learning in the future.

How to receive Learning Credits from Kent Children's University

Please return any evidence to Kent Children's University by the end of November via email or post.

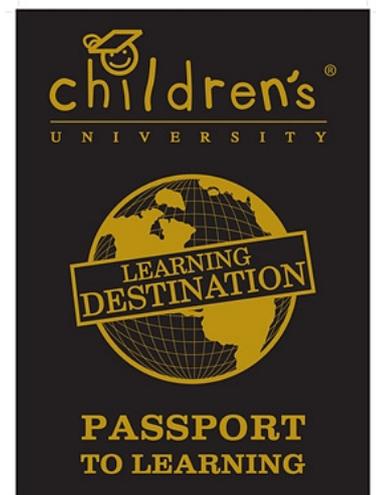
kcu@kent.gov.uk or Kent Children's University, Sessions House, County Road, Maidstone, Kent, ME14 1XQ.

Please only send evidence upon completing all the activities you wish to complete.

LEARNING CREDIT NOTE			
CREDITS TO:		DATE:	
PLEASE ADD THE FOLLOWING INFORMATION TO YOUR PASSPORT TO LEARNING			
DATE	HOUR(S)	ACTIVITY	STAMP OF APPROVAL



KENT CHILDREN'S UNIVERSITY™
 Room 2.61, Sessions House, County Road,
 Maidstone, Kent, ME14 1XQ
 Telephone: 03000 416886 email: kcu@kent.gov.uk
www.kentchildrensuniversity.co.uk



Original evidence will be posted back to you along with the Virtual Learning Credits to stick in the child's Passport to Learning.

Why not earn extra Learning Credits from:

The thousands of national Learning Destinations! Take a look at our website and the FREE App for more information.



For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@kent.gov.uk

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Challenge Record Sheet

Completed

Create your own #BeKind pebble

Decorate and display your own #BeKindSign

Make an anti-bullying comic

Design a Random Acts of Kindness poster

Do at least one good deed for someone

Write a kindness poem entitled #BeKind

Make a Family Kindness Jar

Create Smile It Forward cards for friends

Take items to a Food Bank

Bake a cake & make a card for someone special



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Challenge

Create your own [#BeKind](#) pebble

We would like you to spread kindness around Kent and Medway.

To do so, design and paint pebbles or rocks with one of the following slogans:

[#BeKind](#)
[#KindnessRocks](#)
[#WorldKindnessDay](#)

On the back of the pebble, please encourage people to upload their find to the Kent Children's University Facebook page.

Once you have decorated your pebble, choose somewhere safe to leave it for someone to find.

If someone finds your pebble or you find someone else's you can decide whether to keep it or re-hide it to be found again.

See how far your pebble travels and make people smile.

We recommend buying pebbles/rocks from any DIY store or garden centre. Please do not take pebbles from the beach.



Thank you to Tina Hills ([#SittingbourneRocks](#)) for the inspiration!

If you are part of KCU, you will **earn 1 Learning Credit** for designing 5 [#BeKind](#) pebbles. Evidence could be photographs, designs and your parents' upload to Social Media.

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Challenge

Decorate and display #BeKindSigns



People United's call to action is for everyone who feels that the world needs a bit more kindness. Whether they belong to a school, a neighbourhood, a group of friends or want to act individually the 'be kind' campaign has no boundaries.

The 'be kind' campaign is focusing on World Kindness Day on Monday 13th November 2017, and aims to create a 'be kind' revolution with signs popping up across the UK (and the rest of the world!) to support this call to action.

To help with creative ways to make a 'be kind' sign, People United has engaged illustrator and children's author Kate Willis Crowley to create three magnificent drawings with the words 'be kind' which can be downloaded for free to colour-in and customise.

Templates can be downloaded here:

<http://peopleunited.org.uk/project/be-kind-campaign/>

On World Kindness Day we want to see your artwork! Share photos of your handmade signs with us on social media by tagging [@K_C_U](https://twitter.com/K_C_U) [@people_united](https://twitter.com/people_united) [#BeKindSigns](https://twitter.com/BeKindSigns) on Monday 13th November 2017.

If you are part of KCU, you will **earn 1 Learning Credit** for designing and displaying your poster(s). Evidence would be a copy of at least one [#BeKindSigns](https://twitter.com/BeKindSigns) poster and your parents' upload to Social Media.

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Challenge

Make an anti-bullying comic

The [#BeKind](#) Campaign was launched in March by ITV's This Morning; to spread awareness about how harmful bullying can be.

This Challenge activity asks parents to watch a video with their children and pledge to help their children know they can ask for help, for them to know someone cares and for them to know how important it is to BE KIND.

ITV's [#BeKind](#) video:

www.itv.com/thismorning/hot-topics/pledge-to-share-our-anti-bullying-message

For this Challenge activity, mindmap some ideas for an anti-bullying message that you could use in a comic strip then figure out:

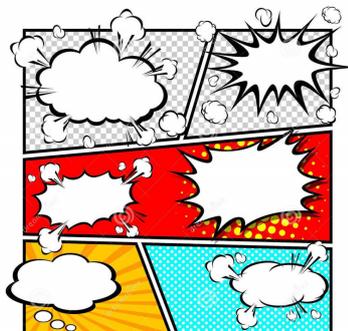


- the characters they will need
- what the characters will say
- where the story takes place
- how the issue is resolved
- the messages your child wishes to convey



Once your child has figured out the storyline, use a story board sheet to create your very own anti-bullying comic.

Use KCU's template to plan and create your comic or use one of your own!



If you are part of KCU, you will **earn 1 Learning Credit** for making an anti-bullying comic. Evidence would be a copy of the comic and your parents' upload to Social Media.

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Challenge

Design a Random Acts of Kindness poster

What is a Random Act of Kindness?

A random act of kindness or RAOk is a selfless act performed by kind people to either help or cheer up a random stranger, for no reason other than to make people happier. Either spontaneous or planned in advance, RAOks are encouraged by various online and offline communities.

We would like to see children make posters containing at least 20 top ideas for random acts of kindness.

Posters could be made by hand or on a computer but we would love parents/carers to share the finished posters with us via our Social Media Channels. These posters could inspire others!

Don't forget to add the [#BeKind](#) hashtag!



if we all do one random act of kindness daily we just might set the world in the right direction

martin kornfeld

facebook.com/surfingrainbows

Gift of Giving

Kindness
Pass It On:

- Give a flower Eat lunch with someone new
- Listen with your heart Visit a sick friend
- Clean a neighbor's walk Offer a hug
- Give an unexpected gift Make a new friend
- Pick up litter Say "hello" Open a door
- Plant a tree Help carry a load Share a snack
- Cheer up a friend Thank a teacher or mentor
- Read to a young child Lend a hand Do a kind act daily
- Leave a thank you note Offer your seat
- Cycle courteously BE TOLERANT Let another go first
- Bake cookies to share Give a compliment
- Help a student make friends Donate your gently used items
- Give a balloon away Lend a pencil Respect others
- Celebrate something new every day Do a favor
- Encourage a friend Use a reusable water bottle
- Walk a dog Forgive mistakes Smile at someone

the random acts of
Kindness foundation.

randomacts of kindness.org

If you are part of KCU, you will **earn 1 Learning Credit** for designing and displaying your poster(s). Evidence would be a copy of the poster and your parents' upload to Social Media.

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Challenge

Do at least one good deed for someone

Doing a good deed for someone is one of the best activities you can do with your family.

It is a great way to bond, a lot of fun and teaches everyone involved about compassion and service.

Any good deed, no matter how big or small, can make a difference; especially when done intentionally.

Here are some examples of good deeds that your family can do together:

Consider
This

EVERYTHING
YOU DO
DOESN'T
NEED TO
BE SEEN OR
HEARD!!!!

Do a chore for someone without them knowing.

Donate colouring books and crayons to a children's hospital.

Check in on an elderly neighbour.

Donate outgrown clothes or toys.

Talk to someone new at school.

Donate socks and supplies to the homeless shelter.

Take treats to the fire station.

Sing songs at a nursing home.

Teach someone something new.



If you are part of KCU, you will **earn 1 Learning Credit** for carrying out a good deed for someone. Evidence could be an explanation of your good deed, photographs and your parents' upload to Social Media.

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Challenge

Write a kindness poem entitled **#BeKind**

What is poetry?

Poetry is a type of literature, or artistic writing, that attempts to stir a reader's imagination or emotions.

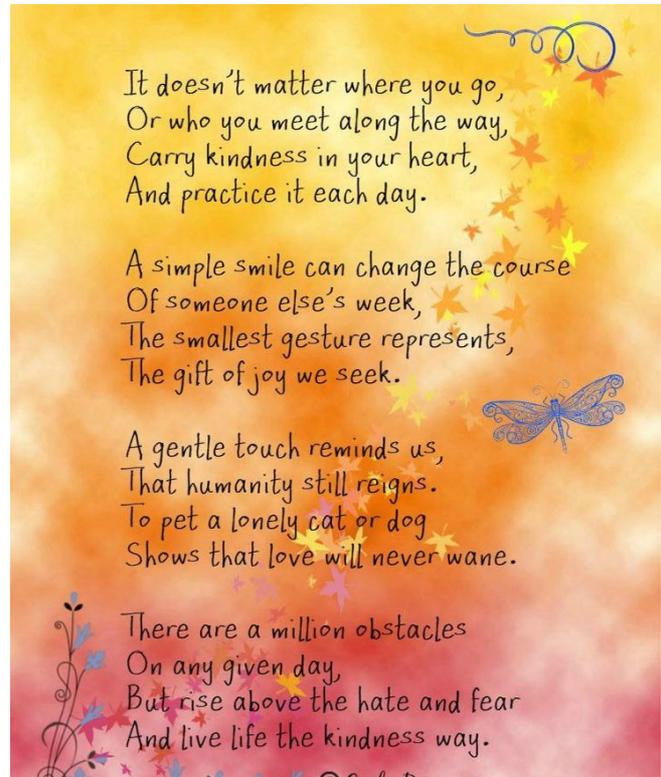
The poet does this by carefully choosing and arranging language for its meaning, sound, and rhythm.

What sort of poem will you write?

Which words will you use?

How will you decorate the poem so it is appealing to read?

Who will you share your poem with?



It doesn't matter where you go,
Or who you meet along the way,
Carry kindness in your heart,
And practice it each day.

A simple smile can change the course
Of someone else's week,
The smallest gesture represents,
The gift of joy we seek.

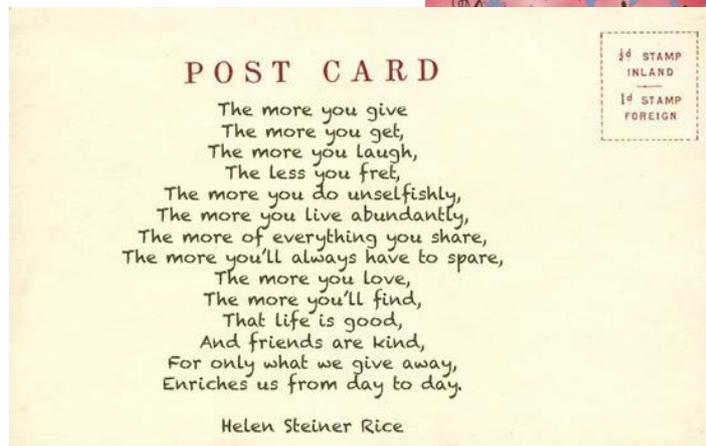
A gentle touch reminds us,
That humanity still reigns.
To pet a lonely cat or dog
Shows that love will never wane.

There are a million obstacles
On any given day,
But rise above the hate and fear
And live life the kindness way.

© Carly Dugmore

Ramblings of the Claury

“Painting is silent
poetry, and
poetry is painting
that speaks.”
Plutarch



POST CARD

The more you give
The more you get,
The more you laugh,
The less you fret,
The more you do unselfishly,
The more you live abundantly,
The more of everything you share,
The more you'll always have to spare,
The more you love,
The more you'll find,
That life is good,
And friends are kind,
For only what we give away,
Enriches us from day to day.

Helen Steiner Rice



Types of poems

- Acrostic
- Couplet
- Free Verse
- Haiku
- Narrative
- Sonnet

If you are part of KCU, you will **earn 1 Learning Credit** for writing a **#BeKind** poem. Evidence could be the poem and your parents' upload to Social Media.

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Challenge

Make a Family Kindness Jar

There are lots of different kindness jars that you could make with your family. Here are just two examples:

1. You could fill a jar with acts of kindness. Every week, each member of the household can take a note from the jar and complete the act of kindness listed.
2. Every time a member of the family witnesses an act of kindness in the household, they could write it on a piece of paper and add it to the jar. On New Year's Eve, you could open the jar and read the acts of kindness to each other.



What sort of jar will you make?

What will be inside the jar?

Who will see the jar?



If you are part of KCU, you will **earn 1 Learning Credit** for designing and making a Family Kindness Jar. Evidence would be photographs of the jar being made and your parents' upload to Social Media.



kindness

Challenge

Create Smile It Forward cards for your family and friends

These compliment cards are also a fun way to remind people that small things matter and kind words are important. They are also a great way to give someone a smile!

Using the template on the www.kcuchallenges.co.uk website or designing your own, make at least 20 Smile It Forward cards but think about who you want to give them to.

Don't just give a compliment but provide a reason for that thought too. You can tell them more on the back of the card!

Once you have made the cards, give them to your family, friends or teachers and see the effect it has on them and their happiness.

Hopefully you will inspire them to compliment someone they know.

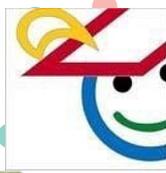
Make someone happy!



If you are part of KCUC, you will **earn 1 Learning Credit** for making at least 20 Smile It Forward cards. Evidence would be photographs of your compliment cards and your parents' upload to Social Media.

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Challenge

Take items to a Food Bank

What is a Food Bank?

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with food banks helping prevent crime, housing loss, family breakdown and mental health problems.

There are many Food Banks across Kent and Medway. Families can find details from the internet. You could also search The Trussell Trust:



What you could donate:

- Good quality clothes, shoes, bags, hats and jewellery
- Bric-a-brac
- Books, DVDs and CDs
- Toys, puzzles, games
- Working electrical goods
- Good quality furniture
- Unwanted furniture for upcycling

A typical food parcel includes:

- Cereal
- Soup
- Pasta
- Rice
- Pasta sauce
- Beans
- Tinned meat
- Tinned vegetables
- Tea/coffee
- Tinned fruit
- Biscuits

Always check the organisation's website before making a donation.



If you are part of KCU, you will **earn 1 Learning Credit** for donating items. Evidence would be a diary showing your research into Food Banks/residential care, what you donated, when and photographs documenting your act of kindness. .

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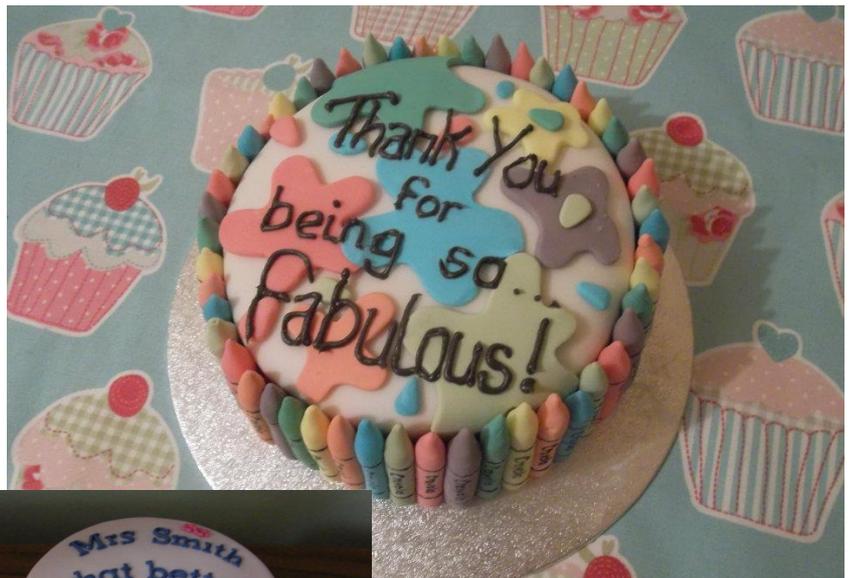
kindness

Challenge

Bake a cake and make a card for someone special

Why not make someone's day by baking them a cake and making them a card to explain why they are special to you.

Who will you bake a cake for? What sort of cake would you bake?
Why do you think they are special?



Share
Kindness



If you are part of KCU, you will **earn 1 Learning Credit** for baking a cake and making a card. Evidence could be a recipe, photographs, a copy of the card and your parents' upload to Social Media.

www.facebook.com/KentChildrensUniversity