

The Snowman™

WINTER WINDOWS



Kindness Activities
For children aged 7 to 11

In partnership with



The activities in this pack reflect on what is friendship and acts of kindness and will be used in your RSHE lessons. You should try completing at least 3. If you choose to do the Winter Window Activity on the last page of this pack please take a photo of your decorated window and send it to me and we can enter the Winter Windows Competition and have a chance of winning a bundle of books.

Take care everyone.

Mrs Athey

ACTS OF KINDNESS?

Get inspired by these suggested acts of kindness, use these as a starter to think of your own ideas. It is also important to be kind to yourself as well as friends, family, your community, and the environment.

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 your body and mind. Take a walk and note down something that flies, something that is furry and something that is green. Noticing things around you is a good way to be in the present moment.
- ★ Make sure you look after yourself. You can do this by getting plenty of sleep, exercising and eating healthy things.
- ★ Write or draw all the things you like doing that help you to be kind to yourself, such as listening to music, making something or playing.
- ★ Spend five minutes each day thinking about things you like about yourself.
- ★ Create a mood chart for yourself. Check on how you are feeling throughout the day and across the week. Can you spot what makes you feel good? Can you do those things when you feel not so good?

Kind acts for others:

- ★ Do something helpful for a friend or family member.
- ★ Help out around the house. Can you keep your bedroom clean or help with the chores?
- ★ Tell a school friend or sibling, three things you like about them.
- ★ Make and share homemade gifts with friends and family.
- ★ Hold the door open for someone today or remember to say please and thank you when they've done something for you. Little things can have a big difference.

Kind acts together:

- ★ Call, write or video chat with a friend or relative you have not seen for a while.
- ★ Can you host a festive race or party in your class like in the story?
- ★ Share your kindness by encouraging others to be kind to each other with a poster of assembly on kindness. Can you organise a kindness awareness day for your school or class?
- ★ Come up with a kindness pledge together as a class or individually, for the next year. What one thing will you try and do every day from now on?
- ★ Can you add a 'mindful moment' to your school day? Get in a circle and imagine you are a tree gently blowing in the breeze. Close your eyes and sway calmly side to side. How does it feel to slow down for a moment?



SEE NEXT PAGE FOR MORE ...

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ACTS OF KINDNESS (Continued)

Kind acts for the community:

- ★ Think about being kind to the earth and climate. Use scrap paper to draw on and put used paper in the recycling bin.
- ★ When you are able to - Could you arrange a litter picking or plant some bee friendly flowers in your school playground?
- ★ Think about some changes you can make to your life or school to help the planet.
- ★ Arrange to do something kind in your community. Could you set up a fundraiser to raise money for a good cause?
- ★ When you are able to donate any unwanted books, clothes or toys to a charity shop. Or perhaps you could do a toy exchange with a friend.



When you've finished colour me in

Why are kind acts important?

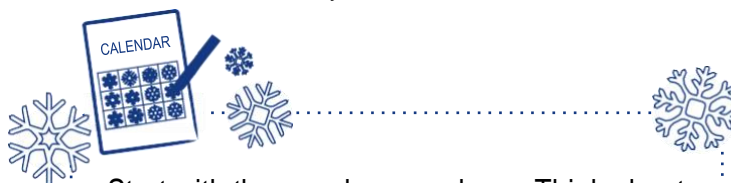
Kind acts help us to put kindness into action. A kind act can go a long way to making someone feel supported and happy.

Think about the other sorts of things you can do in your life and your community to be kind. Spend some time brainstorming your kindness ideas. You could start by asking these questions:

Q - What does that person need? What would they find kind and helpful? Remember that we are all different, and what you might like someone else might not.

What things do I need to be kind to someone? Sometimes being kind just takes a kind word and a listening ear.

Whose help will I need to do this? Do you need to ask a trusted adult for help doing this - think about who you can ask



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

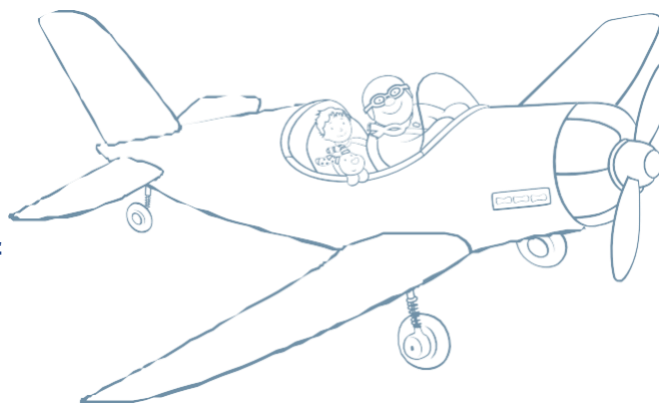
Think about one friend or family member you can be kind to and what things they might like.

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WHAT IS KINDNESS?

The
Snowman™
AND THE SNOWDOG

Think about the word kindness. What does it mean to you? Create a poem about kindness, using the first letter of each word, this is called an acrostic poem.



15 mins



Pen & Paper

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

When you've finished colour me in

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

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

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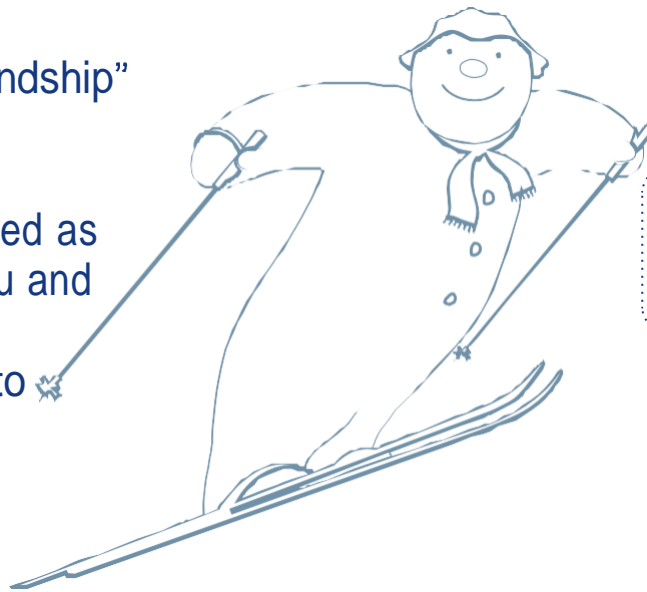
Think about the kind acts you can do for yourself, your friends, family, and community over the next month

WHAT IS FRIENDSHIP ?

The
Snowman™
AND THE SNOWDOG

What does the word "friendship" mean to you?

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



15 mins



Pen

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

When you've finished colour me in

Look at the picture below of The Snowman™ and The Snowdog with Billy. What makes a good friend? What do you think good friends should do for each other? Use the space below to brainstorm your ideas.

Good friends...

for example: Good friends listen to each other



Now think, why is friendship important?



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

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FRIENDSHIP IN ACTION

The Snowman™ and The Snowdog story

The
Snowman™
AND THE SNOWDOG

The Snowman™ and The Snowdog is a story about kindness, friendship, hope and above all magic. Read the summary below and highlight the moments of friendship and kindness you can see.




20 mins



You will learn to
identify and think
about friendship

When you've finished colour me in



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 a Snowman and, with a little spare snow, a 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.



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 your own picture or 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?

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FRIENDSHIP SNOWFLAKE

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AND THE SNOWDOG

Snowflakes are known for their individuality. They are a bit like us humans, they are made from similar stuff but no two are ever the same. They are all special in different ways.

Use this snowflake stencil to record what makes your friend or family member special to you. Think about the things you really like about them.


20 mins


Pen, paper and an adult to help cut things out

You will learn that everyone is different, but we are all special

When you've finished colour me in



Turn your snowflake into a decoration and give it, send it or take a picture of it for your friend and send it to Mrs Athey on Class Dojo

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KINDNESS CARD

Use the card template in this pack to send a message of kindness and friendship to someone you know to let them know you are thinking about them.

Or you can get creative and design your own messages and cards of kindness.


Telling someone you are thinking of them at this time of year could make them feel happy and know that someone cares about them. It can be a thank you for something kind they did for you, or for something they often do that helps you or others.

Think about how it would feel to receive this card, how would it make you feel?



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 just 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**

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UNDERSTANDING CHANGE

The
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AND THE SNOWDOG

The characters go through a lot of changes in the story. What moments of change can you see in the story?

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

Think about different changes that happen in the winter time, and how they might make people feel and act differently. Fill out the table below with your ideas.




20 mins


Pen

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

When you've finished colour me in

CHANGES	How might they make people feel?	How might it make them act?
For example: The weather gets colder, it might snow.	Sad about the cold weather	They might stay indoors more and be more grumpy
	Excited for the snow	They might check the weather more often

Think about these changes and how they make people feel and act. 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?

Think about what friends can do for each other and the kind acts you've been doing.



Actively listening to someone can help them when they are dealing with changes.
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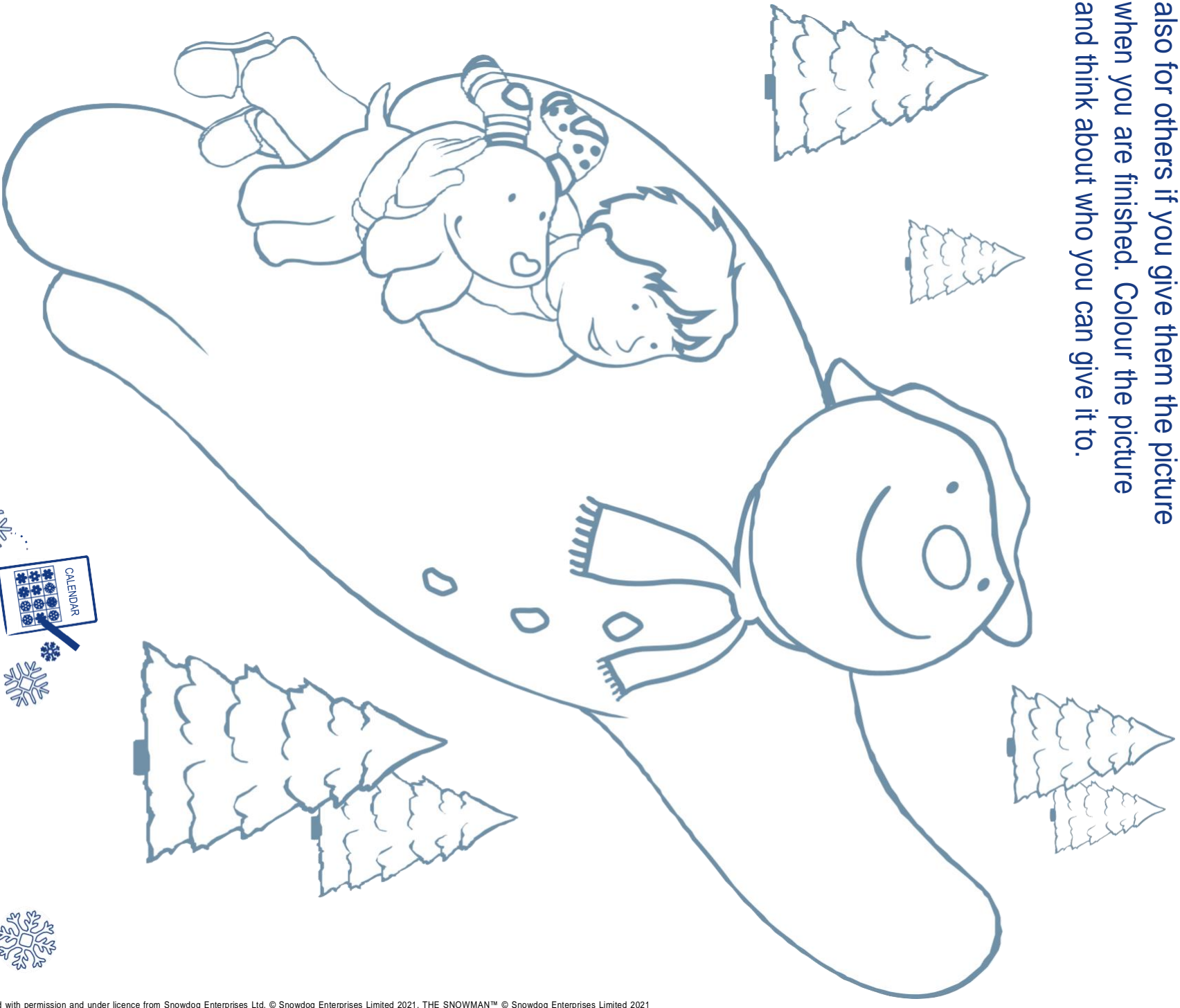
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COLOURING

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. Colour the picture and think about who you can give it to.



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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.

TIME FOR REFLECTION

The
Snowman™
AND THE SNOWDOG

Think about what you have learned about kindness, friendship and change. Reflecting on the past can help us plan better for the future.


30 mins
or 4 x 10 mins
Activities


Pen

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

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

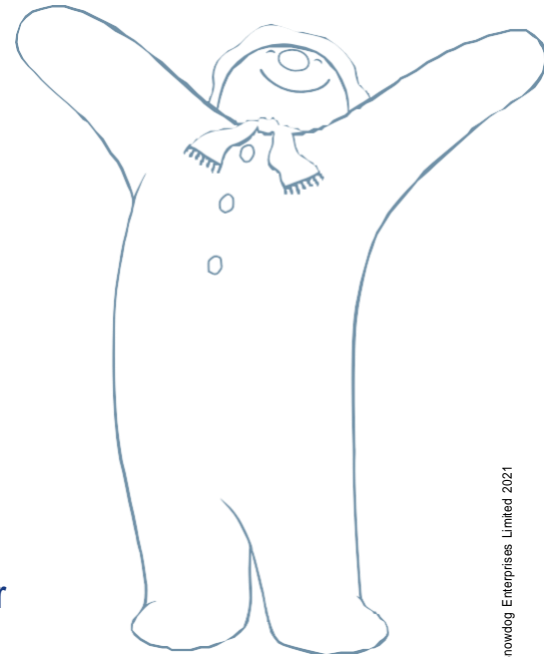
Then write down an answer or think about the questions below. What are you proud of this year? What do you think you did well. What are you thankful for? What did someone do for you that meant a lot?

Something I am proud of is...

Something I am thankful for is...

Now think about how what you have learned can help you in the future? Maybe it's a skill, or something you've realised or discovered about yourself and your friends.

Something I learned that can help me in 2021 is...



When you've finished colour me in



Reflect on the kind acts you've done so far. How does it feel to be kind to your friends and family?

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THE SNOWMAN™ WINTER WINDOWS

Can you create a Snowman Winter Window display to share the kindness joy with others?

Use this guide and cut outs on the next page to create a scene in your window so that others in your community can enjoy them.

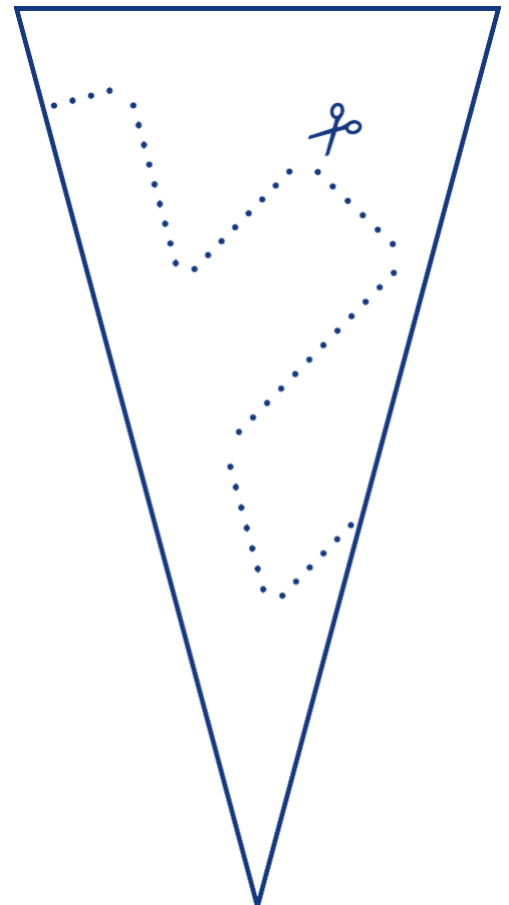
Think about why people celebrate things. Why might people decorate things and have parties? There are many reasons, but one of them, is to bring joy and happiness to themselves and others.

Think about how looking at decorations and pretty things makes you feel. Do you think sharing something pretty with others is a kind thing to do? Why?

It can be another way of sending someone a kind message without any words. What message do you want to include in your Winter Window? Use your creativity to think of what kind of picture you want to create.

SNOWFLAKE PATTERN

1. Fold a square sheet of paper 4 times to get a triangle.
2. Cut the triangle paper in the pattern shown below.



The
Snowman™
AND THE SNOWDOG



20 mins



Some glass pens
Some scissors
Some sticky tape

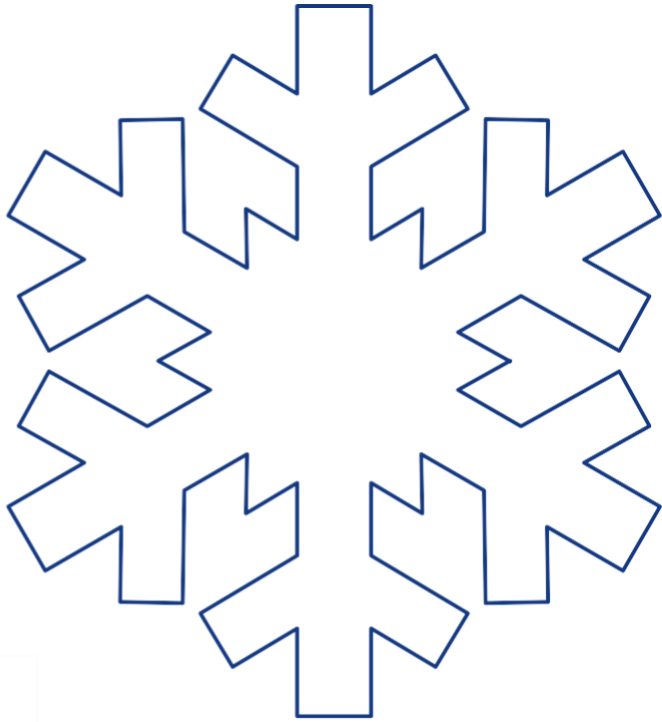
Stencil on the next page

(Adult supervision will be required throughout)



Can you decorate the rest of the room with other things?

Think about how you could decorate the rest of your room or classroom. What else can you create to decorate the space. Look at The Snowman™ website for lots more creativity activity ideas you can use to decorate or gives as gifts.



In partnership with



BritishRedCross

THE WORLD OF
The
SnowmanTM
WINTER WINDOWS



How to create your **Snowman** **Winter Window**

YOU WILL NEED:

- ★ This stencil
- ★ Some scissors
- ★ Coloured chalk pens or glass pens
- ★ Some sticky tape
- ★ A cloth for any mistakes
- ★ A clean window!

(Adult supervision will be required throughout)

INSTRUCTIONS

- ★ Carefully cut around the outlines of the 2 stencils
- ★ Attach to a clean window with sticky tape, joining the two halves together
- ★ Draw around the character outline with a white chalk pen, then remove the stencil
- ★ Cut out The Snowman's hat and scarf, stick them onto your outline and draw around them
- ★ Fill in the white spaces for snow and add the coloured details using this picture as a guide
- ★ Draw or add some paper snowflakes to complete your scene!

Get an adult to take a photo of your window and send it to Mrs Athey who will enter the British Red Cross Kindness Window Competition.

