

Tempus

Latin for time

You may feel a little lost or overwhelmed with all the time on your hands and not sure what to do.

Miss Morrison and Miss Hunns have spoken on the phone and thought we would put together some activities to direct your time to positivity.

This Acts of Kindness is the first of many instalments to follow, so watch out for Tempus resources to occupy your time positively.

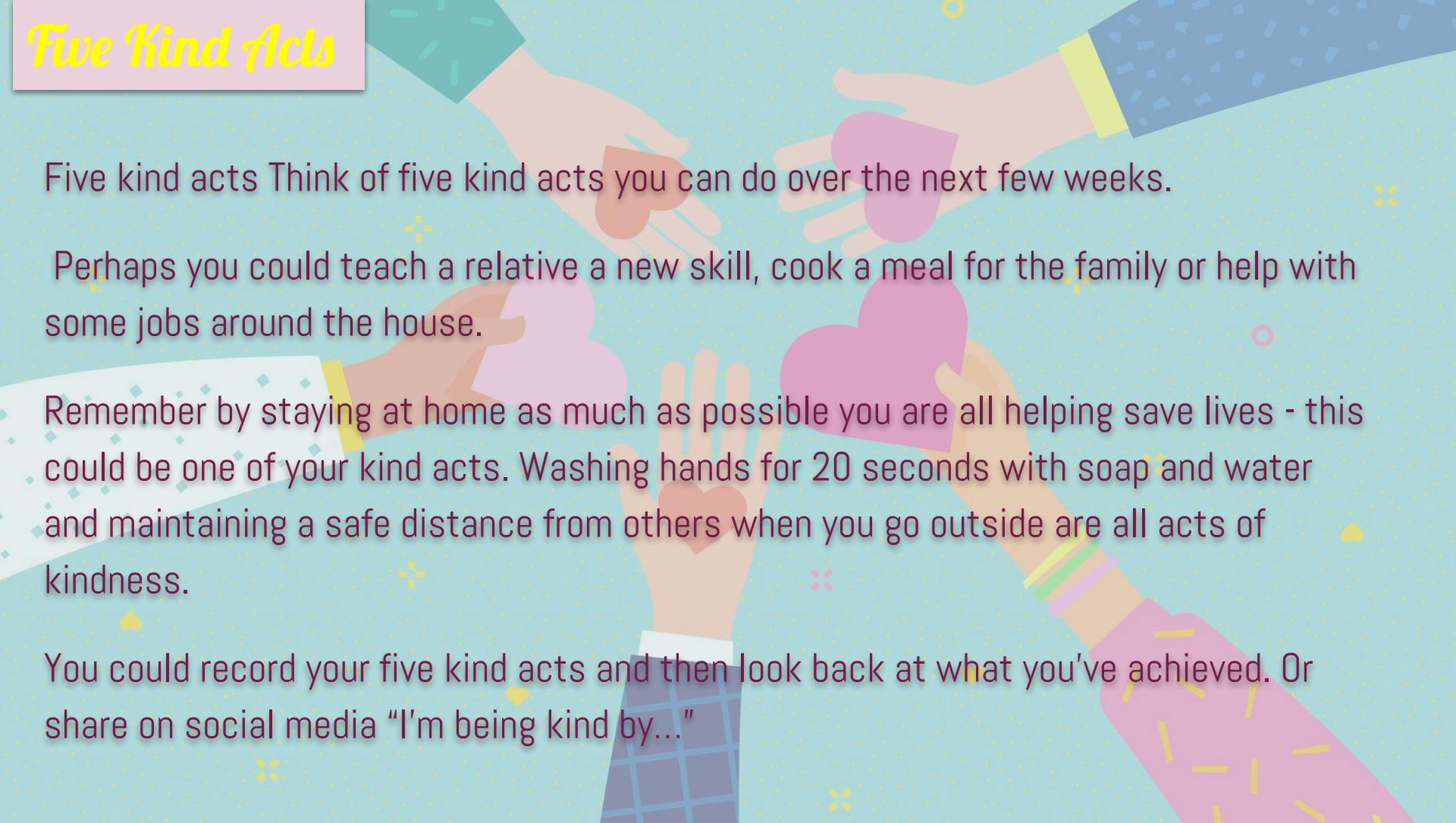
What does kindness mean?

Think about the role kindness can play in a crisis.

Write down or discuss some answers to the following questions:

- What does kindness mean and how does it make you feel?
- Is it important to be kind to others and why?
- What personal qualities do you have that might enable you to be kind to others?
- What might stop someone from being kind in a crisis? How might they overcome this?

Five Kind Acts

An illustration of five hands of different colors (teal, blue, white, purple, pink) reaching towards the center, each holding a heart of a matching color. The background is light blue with yellow and white confetti.

Five kind acts Think of five kind acts you can do over the next few weeks.

Perhaps you could teach a relative a new skill, cook a meal for the family or help with some jobs around the house.

Remember by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you go outside are all acts of kindness.

You could record your five kind acts and then look back at what you've achieved. Or share on social media "I'm being kind by..."

Think of five kind acts

and record them here

1

2

3

4

5

How to cope?

Being kind to yourself

Think about the word 'coping'. What do you think it means?

Write down or discuss your definition of coping. Think of ways your household or group can cope and be kind to themselves.

This could be continuing to do things that make you happy while isolating, such as listening to or playing music, drawing or speaking to friends on the phone or social media.

You could mind map activities and make sure you do one each day.

Ways to cope this week mindmap



Discover Kindness

Take some time to focus on positive news stories.



You could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period.

Id make a presentation, video or podcast and present your own 'kindness news' programme sharing all the positive news they can find.

Kindness in the community



Those currently self-isolating could be feeling lonely. Simple acts of kindness could make a big difference.

Could you and your family buy shopping for a neighbour and leave it on their doorstep?

How could you and your family virtually bring the community together?

Could you and your family organise a community virtual quiz for your street or do a newsletter?

Could you and your family write or telephone a neighbour or grandparent, to really raise spirits?

Could you and your family teach them a new skill over the phone?

Being grateful

It can be beneficial to express gratitude during times of uncertainty.

Make a note of three things you are grateful for; it could be the ability to learn remotely or being able to use technology to keep in touch with friends.

You could also consider how others might feel in different circumstances or locations around the world.



Looking to the future

Discuss wishes for a kind future.

This situation is temporary, but kindness and kind acts are always needed.

When this crisis is over how might we continue to be kind to each other?

Think about what kind acts you and your friends could do together in the future.

You could express your thoughts in a poster or poem.

IT'S A
GOOD
DAY
TO BE
HAPPY

Reflecting

At the end of the week or month look back at your kind acts.

What are your hopes for the week ahead?

What are you proud of?

Reflecting on what you have achieved can help you stay motivated and positive.



The power of a kindness calendar

Use your calendar to
record your daily
kindness acts

April 2020

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
			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		

In a world where
You can be
anything, be
kind.

