

# The Snowman™ and The Snowdog Kindness Calendar

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

Times have been challenging this year, and we have all had to cope with a lot of changes to our lives. The British Red Cross is dedicated to helping create resilient communities, being kind and connected is an important part of resilience. Our new kindness calendar featuring The Snowman™ and The Snowdog in partnership with Snowdog Enterprises Ltd helps children see the power and strength of kindness and friendship in supporting themselves and others in overcoming challenges and changes.

## HOW TO USE THE PACK

You can use the blank kindness calendar and supporting activity sheets in this pack, featuring the Snowman™ and Snowdog, with children aged 5 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 out 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 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 and understand other people's feelings and explore how change can affect us
- ★ reflect on the past, think about what can be done in the present in addition to the future

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



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# The Snowman™ AND THE SNOWDOG

## KINDNESS CALENDAR

Use the kindness calendar throughout December to record your kind acts and see the positive impact 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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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!

Being kind sends a powerful message about our connections to each other and the world around us



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# 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.

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.

As the COVID-19 situation is ever changing, parents and teachers must ensure these ideas can be done safely and following government guidelines for your area.



## Kind act suggestions:

- ★ Do something helpful for a friend or family member.
- ★ Tell a school friend or sibling, three things you like about them.
- ★ Call, write or video chat with a friend or relative you have not seen for a while.
- ★ Invite someone new from your class or bubble to play with you at break time or in the park.
- ★ Take five minutes to learn a new coping skill, for example, breathing with colour.  
[https://firstaidchampions.redcross.org.uk/primary/kindness\\_and\\_coping/coping\\_skills/](https://firstaidchampions.redcross.org.uk/primary/kindness_and_coping/coping_skills/)
- ★ Donate any unwanted books, clothes or toys to a charity shop. Or perhaps you could do a toy exchange with a friend.
- ★ Share your kindness by encouraging others to be kind to each other.
- ★ 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.
- ★ 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.
- ★ Think of three kind words to describe yourself.
- ★ Look at old photos together with your family and think about happy times.
- ★ Do some mindful colouring to help you relax and focus using the downloadable The Snowman and The Snowdog templates.
- ★ Make sure you look after yourself. You can do this by getting plenty of sleep, exercising and eating healthy things.
- ★ Think about being kind to the earth and climate. Use scrap paper to draw on and put used paper in the recycling bin.
- ★ Make and share homemade gifts with friends and family.



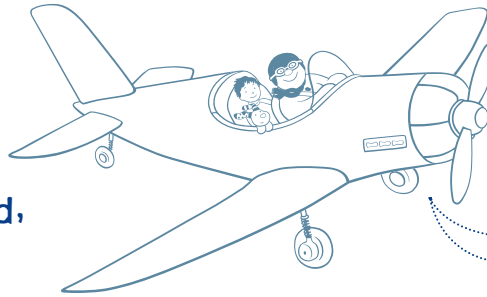
Start your calendar by writing a list of the all the people you want to be kind to, whilst thinking “**how can I be kind to them?**” Or **what help do they need right now?**” Think about one friend or family member you can be kind to and what things they might like.

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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

**K** \_\_\_\_\_  
**I** \_\_\_\_\_  
**N** \_\_\_\_\_  
**D** \_\_\_\_\_  
**N** \_\_\_\_\_  
**E** \_\_\_\_\_  
**S** \_\_\_\_\_  
**S** \_\_\_\_\_

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.



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.

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# WHAT IS FRIENDSHIP ?

The  
**Snowman™**  
AND THE SNOWDOG

Why is friendship important?  
What does the word "friendship"  
mean to you?

Friendship could be defined as  
understanding and being kind  
to one another.



15 mins



Pen & Paper

You will learn to to  
identify and think  
about friendship

When you've finished colour me in

Look at the picture below. Write all the words you think about when you think about friendship  
around the picture or on a piece of paper with the word "friendship" in the middle.

Then draw a picture of you and your friends. Is it different? Why?



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 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

 A Pen to Highlight



You will learn to identify and think about friendship

When you've finished colour me in



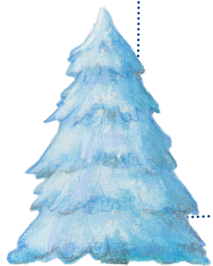
When a young boy Billy, moves to a new house, he is lonely and misses his old dog. He finds a secret box hidden under the floorboards. In it are a hat, scarf, some lumps of coal and an old tangerine – a snowman-making kit!



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

The  
**Snowman™**  
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 template 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 as one of your kind  
acts for the month.

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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



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# UNDERSTANDING FEELINGS

The Snowman™  
AND THE SNOWDOG

Look at the story below, can you imagine being the characters?

Read the story again to help you if you can.

How might they feel? How do those feelings make them act – think of their body and their thoughts. Then, what helps them feel better?

Think about times in your life where you have been through similar things or felt these feelings.



 20 mins

 Pen

You will learn to think about and understand other people's feelings and think about changes

When you've finished colour me in

STORY	How might they feel?	What might they do because they feel that way?	What helps them feel good?
A young boy called Billy moves to a new house. During this time, he loses a good friend, his dog sadly dies.			
It begins to snow. Billy rushes outside and starts to build a Snowman and Snowdog reusing materials he finds in his new house.			
The Snowman™ and The Snowdog magically come to life and all fly off to the annual snowman party. They win a race and they meet old and new friends.			
When they come back, it is time for Billy to say goodbye to his friends. He does not know if he will see them again.			

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.

How do the characters cope with the changes in the story? How do you cope with changes? Is there anything you could use from the story to help you when changes are happening?



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?

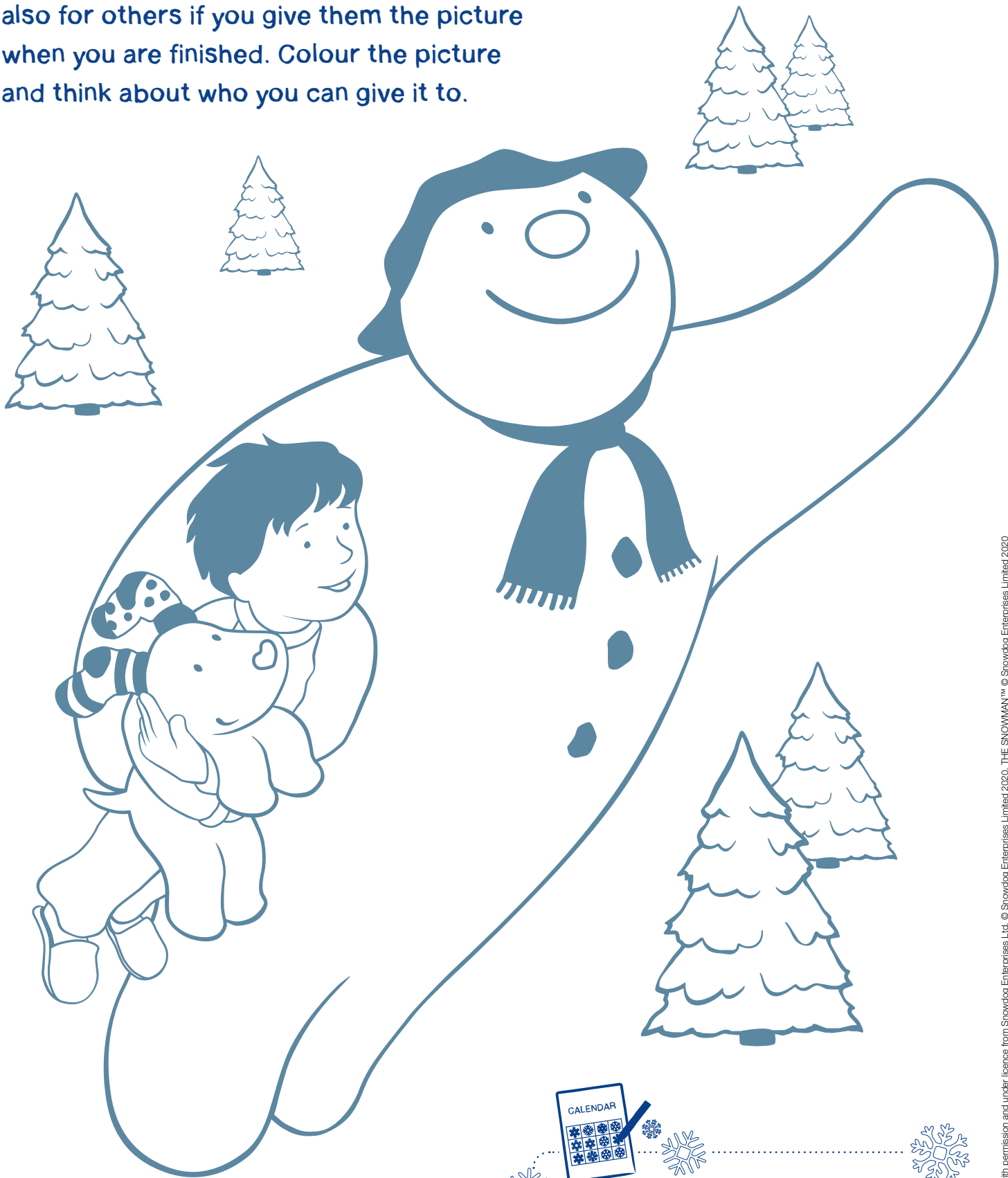
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# COLOURING

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.

# PAST, PRESENT, FUTURE

The  
**Snowman™**  
AND THE SNOWDOG

We have faced lots of challenge and change this year, but we have also shown and felt lots of kindness. Think about the kind acts you did this year, or kind acts you heard about. Can you remember the news stories below? How does it make you feel to think about them?

- ★ Putting rainbows in windows
- ★ Clapping for the NHS
- ★ Captain Tom's walk around his garden

## Over the past year I have...

Think about the past year and everything that has happened. Finish the sentences below to reflect on what you've achieved.

A challenge I overcame was...

The friend that helped me was...

I was kind to someone else when I...

I learned...

## A little different this year

This year winter is going to be different, with social distancing measures meaning we might not be able to visit friends and family as much as we normally would. Remember the story about The Snowman™ and The Snowdog. Can you think of three things you can do this year to cope with the changes?

- 1.
- 2.
- 3.

## Look forward with hope

Think about what next year might look like. There are always things that we can look forward to, some things we hope will happen and some things we can be fairly sure will happen. What are you hoping for?



**30 mins**  
or 4 x 10 mins  
Activities



**Pen**

You will think about the past year, how things might be different this year, and how you hope things will be like in future



When you've finished colour me in



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

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The  
Snowman™  
AND THE SNOWDOG

# CONGRATULATIONS

on completing your Kindness Calendar 2020

.....  
Has successfully completed a number of kind acts with the British Red Cross

.....  
Signature

.....  
Date



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