



This week

On 4 August the British Red Cross celebrated its 150th birthday. The Royal Mint launched a commemorative £5 coin designed to mark 150 years of the power of kindness. We've also created a new online exhibition '150 voices' which tells the fascinating stories behind 150 objects from our museum and archives collection.

As we're halfway through the holidays it's important to check how you're feeling. Use these animated videos to think about potential worries and who we can get support from.

How does it work?

Each week we'll email you a list of kindness activities for the week ahead. These activities are designed to be quick, but you can look at the full version in our [Kindness resources hub](#) for a wider selection of activities in the links within the description.

You and your children can pick the activities they'd like to do. There are also opportunities for you to come up with your own activities and kind acts. At the end of the week you can reflect on all your achievements and see what kind acts you've managed to do.

Suggested activities for the week ahead

Monday	Tuesday	Wednesday	Thursday	Friday
Activity: 150 voices	Activity: Commemorative £5 coin	Activity: Circles of control	Activity: Web of connections	Activity: Messages of kindness
Suggested time: 20 minutes	Suggested time: 20 minutes	Suggested time: 10 minutes	Suggested time: 10 minutes	Suggested time: 5 minutes
What you'll need: Internet Time to explore	What you'll need: Pens and thoughtfulness	What you'll need: Pens and paper	What you'll need: Pen and paper	What you'll need: Pen and paper
Overview: Explore 150 years of history through our fascinating online exhibition highlighting 150 unique Red Cross items. You can also listen to the stories behind the pieces. What is the oldest item in the collection? What is the most unusual? Explore artwork made by young refugees, a first aid kit from the war, old collection boxes and much more. Immerse yourself in this collection and think about the individuals behind the stories.	Overview: The Royal Mint has honoured the Red Cross by producing a commemorative £5 coin. What does kindness look like to you? Use this activity to draw your own version of a special coin to say thank you to someone you know for being kind. Draw a picture of the person you want to reward for their kindness and write a story about why they are kind and should get your kindness coin.	Overview: Part of being kind is being kind to yourself. It can be difficult knowing what you should and shouldn't expect of yourself when things are so uncertain. Using this video , draw all the things you worry about but can't control in the outside circle, and then all the things you can control in the central circle. Pick one of these central worries and think of a plan for how you can ease this worry.	Overview: Use this video to think about your web of connections and who you can reach out to and who can support you. How do they help you and how can you help them? Why is having connections with others important?	Overview: Why is it important to be kind and how does it make you feel? Use this time to reflect on kindness and complete the following statements: <ul style="list-style-type: none"> Kindness is powerful because... Kindness can change someone's life by... Kindness has helped me by... I can be kind by... One kind act I will do today is ...