



People United

Creating a kinder world

Kindness Challenge Badge Syllabus



Earn Your Kindness Challenge Badge Today!

The Kindness Challenge badge is all about being kind. It has been active since 2013, and during these challenging times we think kindness is more important than ever! At the start of the first COVID-19 lockdown in 2020 we adapted our syllabus so that it could be completed remotely. So now Girl Guides can achieve People United's Kindness Challenge Badge in person with their troupe or at home!

Once you have completed the Kindness Challenge Badge please email your completed order form (which you can download from our website here: <https://peopleunited.org.uk/our-projects/kindness-challenge-badge/>) to info@peopleunited.org.uk to request your badges, which cost £1 each.

We'd love to see what you get up to, so if you'd like to share photos or tell us about your experiences of completing the Kindness Challenge Badge, you can tag us on social media by searching for 'People United' or following the links below, or emailing us at info@peopleunited.org.uk



<https://www.facebook.com/peopleunitedpeople/>



https://twitter.com/people_united/



https://www.instagram.com/people_united_/



<https://www.linkedin.com/company/people-united/>







About People United

This badge has been put together by People United, a registered charity based in East Kent. Our work uses the arts and creativity to encourage empathy and kindness. People United often work at the heart of communities, co-creating participatory artwork around themes that explore ideas related to kindness. Find out more:

<http://www.peopleunited.org.uk>

The Kindness Challenge Badge

Why should we be kind? There are four main reasons:

-  To spread a bit of happiness – by showing someone a bit of kindness, like an unexpected compliment, a kind gesture, or even just a smile.
-  To remind us all about the benefits of kindness – it feels as good to give a little kindness as it does to receive it.
-  To inspire even more kindness – for example, if you ask how someone's feeling, or write a thank you letter, it's often the catalyst for others to do something too.
-  To bring people together – kindness creates connections. Doing something for someone, even just having a chat with someone new, adds to the network of humanity.



Earning the Badge

The badge is divided into four sections:

1. Sharing Kindness
2. Global Kindness
3. Discovering Kindness
4. Reflection Section

Young people will need to do at least one challenge from the first three sections, and all the tasks in the Reflection Section. It is important that the young people choose the challenges: this isn't about compulsory kindness, but about wanting to do good for others.

Don't forget this is meant to be a challenge, so try to stretch yourselves as you go through the badge. It is up to leaders to determine when each activity has been completed by the members taking part. Included at the end of this document are sheets that you can use to record activities.

People United suggest:

Everyone

- | | |
|--|------------------------|
| <input type="checkbox"/> 1. Sharing Kindness | Complete one challenge |
| <input type="checkbox"/> 2. Global Kindness | Complete one challenge |
| <input type="checkbox"/> 3. Discovering Kindness | Complete one challenge |

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- | | |
|---|---|
| <input type="checkbox"/> Guides | One extra challenge from any section |
| <input type="checkbox"/> Senior Section | Two extra challenges from any section |
| <input type="checkbox"/> Adult Leaders | Three extra challenges from any section |
-

- | | |
|--|---------------------------------|
| <input type="checkbox"/> 4. Reflection Section | Complete the reflection section |
|--|---------------------------------|

Getting Started

You are welcome to use the sheets provided at the end of this pack to track your activities towards the Kindness Challenge Badge, or if you'd like to get creative then please do! You could use colourful papers, a sketch book, a video blog or any format you want to record what you have done. We can't wait to find out what you get up to – good luck!



Section 1: Sharing Kindness

This is about being kind to others: your friends, family, teachers, neighbours, or people who you might not know who live in your community.



Write a thank you note to someone who has helped you, give it to them or post it to them to show your appreciation.



Share something of yours with one of your friends or loved ones.



Do a household chore that you don't normally do.



Call a family member, friend, or someone you know who you haven't spoken to in a while and ask them how they are.



Come up with your own idea for sharing kindness in a safe way.

Use one of the Kindness Challenge Record Sheets at the end of this document to plan and write about what you do.

Section 2: Global Kindness

This is about being kind to people, whoever and wherever they are.



Create a poster for your window which spreads a positive message, you could join the 'Believe in Rainbows' movement and include a rainbow in your artwork.



Do a good deed for 5 other people and ask them to 'pay it forward' and do the same. Be creative, what good deeds can you do virtually or from a distance? Just think: if each of your 5 people passed it on to 5 more, who then passed it on to 5 more, that's already 125 people who have had someone do a good deed for them. Think how quickly kindness could spread across the world if everyone paid the kindness forward.



Come up with your own idea for global kindness in a safe way.

Use one of the Kindness Challenge Record Sheets at the end of this document to plan and write about what you do.

Section 3: Discovering Kindness

This is about learning about kindness in a creative way.



Find out about a famous person who you think demonstrates kindness. Make a poster to show what they have done that is kind.



Interview someone you know about kindness, this could be in person, on the phone or online. Questions could include:

- ☐ What does kindness mean to you?
- ☐ What is the kindest thing you have ever done for someone else?
- ☐ What is the kindest thing anyone has ever done for you?

Come up with your own questions too. You could film or record the interview or write it up like a newspaper or magazine report with photos.



Read the kindness quotes (included on a separate page at the end of this pack) – choose your favourite and discuss it with someone you know.

- ☐ Why did you choose that quote as your favourite?
- ☐ Ask them what their favourite quote is and why.

Write out your favourite quote on a piece of paper or card and decorate it, then put it up somewhere where you will see it often so that you can think about the importance of kindness.

Use one of the Kindness Challenge Record Sheets at the end of this document to plan and write about what you do.

Section 4: Reflection Section

This is about looking back on what you've learned and looking forward to how you can continue to be kind. Unlike the previous sections, everyone must complete **each** challenge.

- 1** Talk with someone you know. Tell them about what you've done from each section and discuss your answers to these questions or any other questions they have.

- ☐ Did you enjoy the Kindness Challenge?
- ☐ What was the best bit?
- ☐ What was the hardest bit?
- ☐ Have you changed in any way?
- ☐ What have you learnt about kindness?

Write down your thoughts on post-it notes, or a large sheet of paper.

- 2 Come up with a 'Kindness Pledge', a promise to continue to be kind in the future in any way that you choose.
- 3 Thinking about everything you have done so far, answer the four questions below. It might be helpful to look back at the Record Sheets you have filled out for each of the challenges you have completed.

What did you like the most about The Kindness Challenge Badge and why?

What did you find the hardest and why?

What have you learnt about kindness?

My Kindness Pledge is...

We'd love to see what you get up to, so if you'd like to share photos or tell us about your experiences of completing the Kindness Challenge Badge, you can tag us on social media by searching for 'People United' or emailing us at info@peopleunited.org.uk

Kindness Challenge Record Sheet

My name is _____

This is my
record
sheet for...

☐

Section 1: Sharing Kindness

☐

Section 2: Global Kindness

☐

Section 3: Discovering Kindness

What will you do? Make a plan here!

What did you do? Add a photo or notes here.

What did you learn about yourself and other people from doing this?

Kindness Quotes (For Section 3)

When you are kind to someone in trouble, you hope they'll remember and be kind to someone else. And it'll become like a wildfire.

Whoopi Goldberg

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world.

Annie Lennox

If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then you are an excellent leader.

Dolly Parton

A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

Amelia Earhart

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Kindness is always fashionable, and always welcome.

Amelia Barr

Kindness can become its own motive. We are made kind by being kind.

Eric Hoffer

Wherever there is a human being, there is a chance for a kindness.

Seneca

When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace.

Dalai Lama

Kindness has a soft undertone. Sometimes people think it is weak. It is tremendously powerful. It can change the way that we view each other, the way we view our communities and the way that we work.

Lady Gaga

Always be a little kinder than necessary.

James M Barrie

The everyday kindness of the back roads more than makes up for the acts of greed in the headlines.

Charles Kuralt