

the KINDNESS challenge



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Create kindness and raise money for young people

To be presented in the two weeks leading up to the Kindness Challenge

ASSEMBLY PLAN

This handy guide helps explain to pupils why they're taking part in the Kindness Challenge. It also lets them know how having fun and raising money can make a difference to children's lives.

ASSEMBLY OUTLINE

- What's a charity?
- What's Childline?
- Why support Childline?
- The Kindness Challenge activity outline
- How to get involved

DURATION

The assembly should last around 10-15 minutes and should be suitable for all ages. Content can be changed depending on the age of your pupils.

DESIRED OUTCOME

There will be several outcomes by the end of the assembly:

- Pupils will understand how Childline helps children and young people.
- They'll understand what you'll be doing during the Kindness Challenge and how they'll raise money for Childline.
- They'll feel motivated, willing, and proud to make a difference.

TEACHER'S NOTES

These notes should serve as a helpful guide for planning your assembly. All information provided is for reference, and can be adjusted as needed.

What is a charity?

A charity helps one group of people to support another. And in the case of Childline, we answer contacts from children and young people about any issue they're facing.

What's Childline?

Childline is here to help anyone under 19 in the UK with any issue they're going through. A child or young person can talk about anything, whether it's something big or small, Childline's trained counsellors are here to support you. Childline is free, confidential and available any time, day or night.

Childline is a service provided by the NSPCC.

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More about Childline

It's important to remind the children in your school that they can speak to a safe adult or Childline if they have any worries.

Primary school children can visit [childline.org.uk/kids](https://www.childline.org.uk/kids) This is the Childline website for under 12s.

The Childline website provides children with the information and advice they need to understand their problems, and the tools to express how they're feeling.

Childline counsellors provide support online and over the phone to children and young people when they need it most.

On the phone: Children can call Childline for free and speak to a counsellor by calling **0800 1111**.

Let children know that calls made to Childline:

- are free
- are not recorded
- are possible even if a phone doesn't have credit
- won't show up on most phone bills.



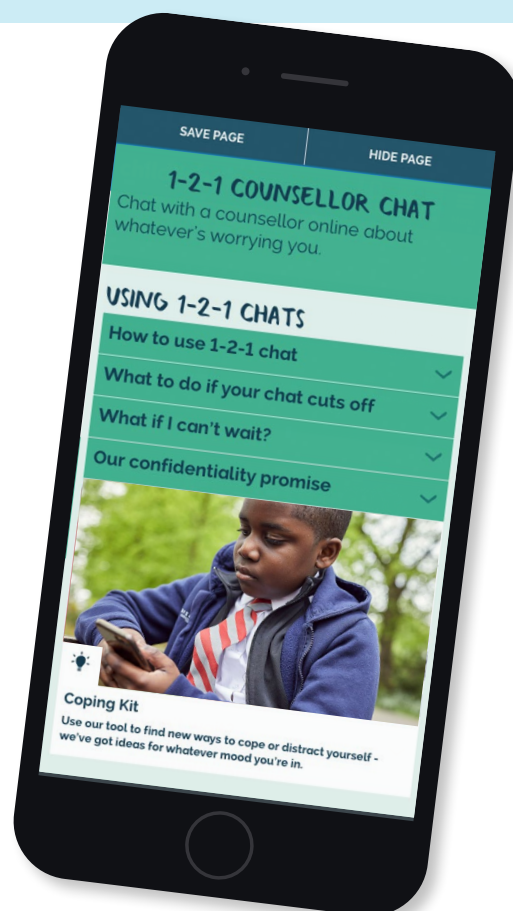
Online: there's the option to email or have a 1-2-1 chat with a counsellor. Children can access the counselling service online once they've set up an account.

To set up a Childline account young people will be asked to provide:

- A username (private)
- Their age and country of residence

They'll be given an auto-generated nickname (which appears publicly but can be changed)

Children don't provide any other personal details, and the account isn't linked to a personal email address.



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Why support Childline?

By raising money for Childline, you help children and young people in need of support.

Share a story from the case studies sheet on the resources site with your pupils and help them understand what a difference their support can make.

Every pound raised helps children.

MATT'S STORY

Matt called Childline when he was 11. Childline is always there for children and young people, whether their issue is big or small.

When I was around 11 years old, I was crying a lot, often over what seemed like small things. I didn't understand why I was crying or what upset me. Still, I remember feeling very alone at the time. I wasn't one of the cool kids. I didn't have close friends and was often picked on. My mum was helpful but I was embarrassed about the crying and felt I needed more help so I contacted Childline. It felt like a really big step but I was really worried. The counsellor at Childline listened to me and told me it's OK to cry sometimes.

It was very comforting. It was like they were saying - 'it's OK, you're normal', which was a big relief to me. I felt like they took me seriously, like I had a real problem and wasn't just being a kid! I felt they listened. They didn't judge me or try to tell me what to do. I knew that Childline was there for me if I needed them again and they made me feel a lot better about myself.

Many children who call Childline are like I was, upset but don't really know why. It's amazing how much of a difference a few kind words can make. It doesn't matter how big or small you think your problem is - Childline can help.

childline
ONLINE, ON THE PHONE, ANYTIME
Whatever it is - we're here to listen.
Check it out anytime, on the phone or online.
Call 0800 1111 or visit [childline.org.uk/kids](https://www.childline.org.uk/kids)

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CASE STUDIES

Fundraising

Children will need to ask their parent or carer's permission to fundraise and collect donations. You can send out the parent and carer letter to make sure they understand what the event entails. You could also mention it in a newsletter.

Sponsorship

Use this section if you're running your Kindness Challenge as a sponsored event.

If you're using GiftT QR codes, let pupils know that with their parent or carer's permission they can share their sponsorship form with family and friends which includes the QR code. You can print this from the GiftT page and give everyone a form at the end of the assembly.

THANK YOU!

This might also be a good time to remind the children about your school's child protection team, who can support pupils with any worries they might have.

Thanks for creating kindness and raising money for young people.

The Kindness Challenge activity outline

For this section you should outline what your school's chosen activity is for the Kindness Challenge. Whether the plan is to play a game with a new friend or help someone with homework, every kind act helps create a better world.

Explain how to fill in the Kindness Act worksheet and the time they'll have to complete their challenges. Explain all the activities they'll be doing as part of the Kindness Challenge and make sure they know when and how to get involved.