



Kind Minds Mission 2017

Resource Pack

Our Leeds Children's Mayor, Grace, and her helpers have worked really hard (pictured below!) to give you lots of ideas for Kind Minds Mission week. We hope this resource pack is useful to you, but if you require further support, please contact leedschildrensmayor@leeds.gov.uk.



Choosing your local charity

For activities which involve fundraising, Grace asks that you work with your pupils to choose a local charity to support. Please go to <https://doinggoodleeds.org.uk/find-an-organisation> for a full directory of charities in Leeds. The Lord Mayor Gerry Harper supports two charities, Epilepsy Action and Heart Research UK, and would appreciate the consideration of these two charities for fundraising. But remember, Kind Minds Mission isn't all about raising money; there are lots of ways to go an extra mile to make someone smile!

Social media

If you have social media accounts for your school, we would love for you to post updates and photos from the day. Tag us [@LSChildrenMayor](https://twitter.com/LSChildrenMayor) on Twitter and use the hashtag [#KindMindsMission2017](https://twitter.com/KindMindsMission2017) so that everyone can see all of the wonderful good deeds going on around Leeds! If you are doing a full day of activities, please let us know because one of our team may be able to come and take photos to be included in a press release.

Activity ideas

We would always encourage you to involve young people in the decision of what to do for Kinds Minds Mission; they will probably have some fantastic ideas of their own which myself, Grace and her helpers haven't thought of! Nevertheless, here are some activities and relevant information for different time ranges we have developed. All activities are suitable for all age ranges unless stated otherwise.

15 minute (or less) activities

Below are some examples of activities you may wish to complete as part of a shorter contribution to Kind Minds Mission.

1. Ask every child to bring in something to donate to a food bank and hold the collection in reception or the main hall. Food banks receive lots of similar products, so to ensure a range supplies are collected you may decide to ask different year groups/classes to bring different products. Please see below for an example but if you are collecting for your local food bank, it is best to check first with them to see what they are particularly in need of. Always choose a food bank(s) prior to the collection, inform them of what you intend to do, and when you will deliver the products.

Year group	Product
Reception	Baby products (nappies, wipes, cotton wool, nappy creams, jars and pouches of baby food, baby wash). Please note: UNICEF advise that you do not provide milk formula. Their website has more information on this matter.
Year 1	Tinned foods (soup, baked beans, fruit and vegetables, custard, pasta, meat and fish)
Year 2	Jars of food (pasta sauce, olives, sweet spreads, baby food, coffee)
Year 3	Boxes/cartons of food (cereal, biscuits, tea bags, UHT milk, cereal bars, gravy granules, baking packs, fruit juice)
Year 4	Household items (laundry liquid detergent, laundry powder, washing up liquid, anti-bacterial spray)
Year 5	Bags of food (porridge oats, rice, dried pasta, crisps, flour, sugar, nuts)
Year 6	Toiletries (toilet roll, soap, toothpaste, tooth brushes, shower gel, deodorant, feminine products, shampoo)

2. Ask every child to bring in an old toy or teddy. Asylum seeker and refugee children coming to the city for the first time are extremely grateful for these gifts. Or donations of new toys – such as unwanted Christmas or birthday presents – would be even better. There are a number of local charities who may be able to support you in doing this (e.g. Leeds Asylum Seeker Support Network, Positive Action for Refugees & Asylum Seekers, Yorkshire Aid Convoy). Again, always get in contact with them before organising a collection so that they can advise you accordingly. [Leeds Asylum Seeker Support Network](#) also has some great resources for children on seeking refuge and asylum if you need material for a pre-collection assembly or lesson on the topic.
3. Ask every child to bring in £2 to wear non-uniform. This is a classic end of term fundraising activity! This is a very low effort activity which can raise a lot of money for your chosen charity. Mix it up a bit and ask the children to come up with a wacky theme of clothing to wear other than normal clothes. We suggest that you do this alongside other activities, but just doing this alone is a good way to get involved for those who have very busy timetables.
4. Recruit children to help the staff tidy away in the dinner hall at lunch time, and playground helpers to set up games for younger children to play at break time.
5. The Kind Minds box! Ask all children in the class to write on a piece of paper something kind about another member of the class, pop the notes into the box and ask someone to read the kind words out throughout the day. To avoid anyone being left out, assign each child another child in the class (perhaps someone they do not usually play with) so that everyone is paid a compliment!
6. Arrange 15 minute reading or homework-help sessions throughout the week for older children to support younger children at break or lunch time. Ask children to sign up to sessions. These may be one-to-one sessions or group sessions.
7. Encourage children to continue Kind Minds Mission at home! This may be by doing a household chore they wouldn't normally do, or telling their parents/carers something that they really appreciate about them.

One hour activities

The majority of activities Grace and her helpers have come up with will take around one hour to complete and can be incorporated into a lesson or playtime.

1. Bake biscuits or cakes! They could even be decorated with 'Kind Minds Mission 2017'! Grace and her helper's came up with lots of ways the biscuits could be used. They could be given as gifts to make someone smile or taken to residential care homes for the elderly people to enjoy. They could also be used in a bake sale which could be held at morning break or lunchtime, or after school in the playground!
2. Make celebration cards! Easter is just around the corner, and so is the Hindu New Year. The cards could be sent to those in residential care homes or a children's hospital. Grace's helpers came up with the fantastic idea of making one for the cleaners or dinner ladies in your school as a nice surprise on the last day of term, thanking them for all of their hard work. Include a poem for the individual for a personalised touch!
3. A free car wash! Set up in the school car park or somewhere close by and equip yourselves with buckets, soap and water. This will need some promotion, perhaps set a homework activity of creating a poster to advertise the car wash and send these home with parents.
4. Arrange for the school choir to sing in a busy place in the local area, such as a super market, to lift shoppers' spirits! Choose happy and fun songs to make people smile!
5. Make calendars which can be sold to parents and other relatives! Each year group could have two months to complete. This could even become a competition for the best two in each class. The calendars should include some information about the local charity you have chosen to support, including how to donate to or volunteer for the charity in the future.
6. Create art work for hospitals. Create colourful pieces of artwork to be displayed in hospitals to make waiting areas more inviting. One helper suggested these could be recreations of famous artwork! Get in touch with your local hospital and find out if this is something they will take as a donation. Find a list of Leeds hospitals and contact details [here](#).
7. Complete a sponsored walk in fancy dress! Children could hold collection buckets as they walk around the town, collecting as they go. If you are collecting for your local dogs trust home, for example, ask all of the children to dress up as dogs!

Half day activities

1. Go litter picking around your school and local community! Ask children to create posters which can be laminated and tied to lampposts and fences which will inform the community of the risks of littering as a pre-pick activity. If you are just going to litter pick in your school, rubber gloves and bin bags are all you need. However, if you are venturing outside your school, you may need specialist equipment to ensure safety of the children. Please see [this](#) website for more guidance. Children's litter picking full kits are available [here](#).
2. Visit a residential care home! Contact the activities director at the care home and avoid arranging a visit around meal times. It would be great if the schools relationship with the care home could continue after Kind Minds Mission, and regular visits were arranged following the initial trip. Children could sing to or play games with the residents and this is the perfect opportunity to deliver cards or baked goods made earlier in the week. You could even perform a school play. Talk to children about what to expect beforehand (unfamiliar smells, wheelchairs, some residents may not be responsive etc.) to prepare them for the trip.

Whole day activities

If you want to take on the challenge of a whole day of activities, we suggest that you choose a number of the 15 minute, one hour and half-day activities to take place throughout the day. Create a timetable of the activities and ask each class to sign up to one or two of the sessions.

Thank you for taking part!

