

Children in Need Classroom Activity Pack

Empowering Educators. Supporting Every Child.



GUIDANCE PAGE

This pack is designed to make Children in Need Day both meaningful and manageable. Each lesson focuses on empathy, inclusion, and small acts that create big change.

How to Use This Pack

- Choose your section based on your class age range.
- Follow the step-by-step plan — each lesson takes 20–45 minutes depending on group size.
- Keep it flexible: These activities can stand alone or be part of your PSHE or wellbeing lessons.
- Encourage conversation: Children learn most when kindness is modelled, not just taught.

Key Messages to Share

1. Every child deserves a chance to thrive.
2. Small actions can make a big difference.
3. Supporting others helps us all feel connected.
4. We can show kindness in our own way, every day.

Optional Additions

- Create a school-wide kindness display with chains, handprints, or student pledges.
- Share photos or stories on social media with #HumlySupports and #ChildrenInNeed.
- Encourage staff to add reflections about how the day went and share with your SLT.

NURSERY (AGES 3–5)

Theme: Kind Hands, Kind Hearts

Lesson Length: 20–30 minutes

Learning Objectives:

- Recognise what it means to be kind and helpful.
- Express ideas about helping others through play and storytelling.
- Build early emotional awareness and sharing skills.



You'll Need:

- Large sheet of paper or card
- Crayons or markers
- Optional: storybook such as Elmer and the Rainbow or The Smartest Giant in Town
- Optional: bubbles for calm breathing activity

1. Storytime (10 minutes)

Read a story that highlights kindness and helping others. After reading, discuss simple questions:

- “Who helped someone in the story?”
- “How did that make them feel?”
- “Who helps you when you’re sad?”

2. Helping Hands Activity (10–15 minutes)

Give each child a chance to trace their hand on paper. Inside their hand outline, help them draw or describe one way they can help others (e.g. sharing toys, giving a hug, saying kind words).

Stick all the handprints together on a large sheet to make a “Helping Hands Tree” or wall display.

3. Calm and Reflect (5 minutes)

Lead a bubble breathing exercise:

Take a deep breath in. Blow out slowly, just like when we blow bubbles.

Ask children what makes them happy and who makes them feel safe.

Educator Notes:

Encourage repetition of kindness vocabulary (help, share, care, kind). Reinforce praise: “That was very kind when you helped your friend.”

For emotional learning resources, visit [BBC Tiny Happy People](https://www.bbc.com/childreninneed).

PRIMARY (AGES 6–11)

Theme: Little Acts, Big Difference

Lesson Length: 30–45 minutes

Learning Objectives:

- Understand what Children in Need Day is and why it matters.
- Identify ways to support others.
- Reflect on the power of kindness.

You'll Need:

- Paper strips for kindness chain
- Pens or pencils
- Board or display area
- Optional: [bbcchildreninneed.co.uk](https://www.bbc.com/childreninneed) videos

1. Introduction (5 minutes) Discuss:

- “What do you think Children in Need Day is about?”
- “Why do we help others?”

Explain briefly:

Children in Need Day raises money to help children who might be struggling — whether that’s with mental health, poverty, or feeling left out.

2. Activity: The Kindness Chain (20–25 minutes)

Each pupil writes or draws one act of kindness on a paper strip.

Link them together to create a class “Kindness Chain”.

Prompts:

- “Can small acts really change how someone feels?”
- “How might our chain grow if everyone joined in?”

Hang the finished chain around the classroom or display it with the title:

“Our Kindness Chain — Little Acts, Big Difference.”

3. Reflection (10 minutes)

Ask pupils to write or draw on a short worksheet titled “My Superpower to Help Others”. Prompt them: “I can help others by…”

4. Wrap-Up (5 minutes)

Celebrate the class’s ideas. Award a Kindness Champion Certificate (see printable below).

Extension Ideas

- Start a classroom “Kindness Wall”.
- Write thank-you cards.
- Hold a mini fundraising event.

Educator Notes:

Links to PSHE and Citizenship curriculum.

Resources: [BBC Children in Need](https://www.bbc.com/childreninneed), [YoungMinds](https://www.youngminds.com), [NSPCC Learning](https://www.nspcc.org.uk).

PRINTABLE CERTIFICATE:

humly

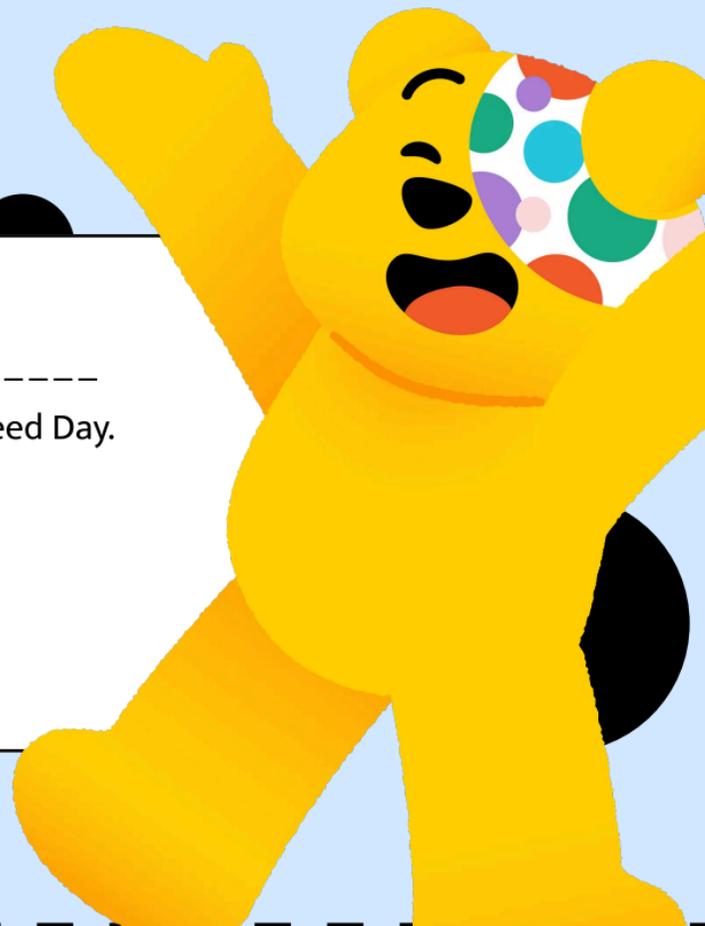
Kindness Champion

Awarded to: _____

For showing kindness and helping others on Children in Need Day.

Date: _____

Signed: _____



Print & Prep

Checklist for Educators

General Setup

- Choose the age-appropriate section of this pack.
- Print or project any worksheets, handouts, or certificate templates.
- Prepare any required materials (paper strips, crayons, markers, card).
- Check access to the internet if using a [BBC Children in Need](#) video.
- Display a visual countdown timer to manage time easily.

Nursery Session

- Storybook ready (e.g. Elmer and the Rainbow).
- Large sheet or wall space for “Helping Hands” display.
- Bubbles for calm-down activity.
- Stickers or small rewards for participation.

Primary Session

- Prepare coloured paper strips for “Kindness Chain”.
- Create a wall space or string line to hang the finished chain.
- Optional: Display prompt questions on the board.
- Print one “Kindness Champion” certificate per pupil.

Secondary Session

- Choose and print one impact story from [Children in Need](#).
- Gather paper or devices for campaign design.
- Prepare flipchart or whiteboard for group brainstorm.
- Have extension questions ready to guide deeper discussion.

Optional Displays & Follow-Ups

- Set up a “Kindness Wall” or “Helping Hands Tree” in the hall or classroom.
- Encourage pupils to write one sentence about what they learned and add it to the display.
- Capture photos (with consent) to share internally or via [#HumlySupports](#).
- Reflect on what worked well for next year’s Children in Need Day.

Credits & Links

Created by Humly to empower educators and celebrate the impact of kindness in every classroom.

Learn more and get involved:

- bbcchildreninneed.co.uk
- youngminds.org.uk
- nspcc.org.uk

humly.co.uk