

## A history of kindness

The British Red Cross has been using the power of kindness by mobilising people to volunteer in a crisis for 150 years. To highlight the importance of kindness and the resilience of people throughout history, the British Red Cross Museum and archives team will be regularly transforming one of their popular historical posters into a colouring activity for people to enjoy at home.

This week's poster focuses on the kind act of volunteering. Thousands of people have responded to the current crisis by volunteering. The kindness they have shown has been very powerful. From delivering food to neighbours, to sewing workwear for nurses and doctors, people have shown a great willingness to help. The International Red Cross and Red Crescent Movement is underpinned by the kind act of volunteering and so are our communities.

### Learning objectives

Learners will:

- reflect on how people have adapted in the past
- learn about the work of the British Red Cross
- reflect on the power of kindness
- develop resilience

### Colouring activity: The poster needs you (ages: 5-19)

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The original [poster](#) was made by the British Red Cross during the Second World War, appealing for young people to join local Red Cross youth groups. During the war the Red Cross helped supply goods, reached out to the community and provided support for health care workers, just like our volunteers are doing today. Colour in the attached poster online or print it off, colour it and share with someone as a kind act by taking a picture or giving it to someone in your house.

Many young people volunteered with the British Red Cross during the First and the Second World Wars. The British Red Cross still works with young people today to promote the power of kindness through [volunteering](#) and [education](#). Check out our [Museum and Archives](#) website to learn about our history and work and, find more posters.

### Extension activity: Volunteering and kindness (ages: 12-19)

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Answer the questions below, you might need to look up some of the answers on the British Red Cross [website](#):

- > How might young people have felt before they started volunteering during a crisis?
- > Do you know how the British Red Cross helps people today?
- > Do you know the seven fundamental principles of the International Red Cross and Red Crescent Movement?
- > How is volunteering a kind act?

For more information on the history of the Red Cross check out: [this resource](#). For more about volunteering during World War One: [this resource](#) and World War Two: [this article](#).

### Creative activity: Make your own poster (ages: 5-19)

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Create your own poster about someone who has adapted to the current situation, or a different situation that you believe was very difficult.

- > What did they do?
- > Why are they inspiring to you?
- > What acts of kindness can you do in your day to day life to help others?