



# EARN YOUR PURPLE BADGE!

The purple Kids' Kindness Club badge is awarded for demonstrating kindness to yourself and to others.

**To earn your badge:** You must complete the form below (remember – don't do it all at once! We want to encourage you to think about kindness over a long period of time).

If you need some ideas on self-kindness, we have listed some examples at the bottom of this form.

**Photos:** If you would like to send us a photo of what you did, please ask a parent or guardian for permission and make sure they complete a photo consent form.

## DETAILS OF CHILD APPLYING FOR THE BADGE

Name of Child: \_\_\_\_\_

Child's Date of Birth: \_\_\_\_\_

Address badge should be posted to: \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Parent / Guardian Email Address: \_\_\_\_\_

### Parent / Guardian Declaration:

I confirm that my child has completed the activities detailed below. I have read the privacy notice and consent to the processing of my personal data. I understand this data may be retained by 52 Lives until my child is 18, but will only be used for the purposes of sending information related to their Kids' Kindness Club membership, and awarding badges.

If you would be happy for us to share a photo of your child completing the activities, please complete the photo consent form.

**Safeguarding:** 52 Lives is committed to safeguarding and promoting the welfare of children. We have a duty to share information that is disclosed to us with other agencies where we have safeguarding concerns, in line with legislation. For our full safeguarding policy, [click here](#)

Please send your completed forms to:  
52 Lives, PO Box 3154, Reading, RG1 9AT.  
Signed forms can also be emailed to [kidskindnessclub@52-lives.org](mailto:kidskindnessclub@52-lives.org)







# WEEK 4

One kind thing you did for yourself this week (feel free to write more than one if you did extra things!)

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One kind thing you did for others. Include details of what you did and who it was for.

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This was your final week!

Tell us what you enjoyed most about the kindness you showed over the last few weeks.

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Was there anything you didn't enjoy about it? Or anything you found a bit harder than you expected?

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**Well done! You have helped to make the world a kinder place, and also improved your own well-being at the same time!**

# SELF-KINDNESS TIPS

When we think about being kind, we often think about helping others. But being kind to ourselves is just as important. When we're kind to ourselves, it helps us to feel happier, and when we're happier, we're more likely to be kind to others. So by being kind to yourself, it's actually helping everyone!

Some ways to be kind to yourself (these are just a few ideas...see if you can come up with some as well).

Have a good  
nights' sleep.

Spend some time  
doing something  
you enjoy.

Make a list  
of five things  
you love about  
yourself.

Look after yourself by  
eating some healthy  
food and doing some  
exercise to stay fit  
and strong.

## PHOTO & VIDEO CONSENT

**Why do we use images / videos?** At 52 Lives, we share images / videos to share stories of what children in our Kids' Kindness Club are doing, and to help promote our work.

**How will photos / videos be used?** Images / video may be published on any of the 52 Lives websites, social media pages, and email newsletters. They may also be used in other ways, such as marketing materials or display materials, or in the media. They will not be used for any other purpose, and we will only identify children (e.g. by using their name) if you have given specific permission for us to do so below.

**How long does consent last?** Consent continues with no time limit. However, you can withdraw your consent at any time (see below). We cannot usually withdraw images that have already been published in printed or display materials.

**Who should give consent?** The child's parent/legal guardian must sign the form. While the law doesn't necessarily require consent from children, 52 Lives likes to include children and young people in the decision-making process to ensure that their views are respected (where a child has sufficient understanding of the consent process and its implications). So we have included a section for the child to sign alongside their parent / guardian.

For people over 18 – Every adult in the photo must sign the consent form. For people over 18 who do not understand the consent process, a parent or legal guardian can sign the consent form.

**Is a photo / video / audio required in order for us to apply for a badge?** No. In some cases, the people we help choose not to have their image / video / audio shown publicly. If you would prefer us not to share an image / video / audio of you, then please do not send us an image / video / audio and do not sign this form.

**How are the images / videos stored?** They are stored in a password-protected folder and we restrict access to this folder to only those who require it for their work.

**How do I withdraw consent?** You can withdraw consent at any time by emailing [admin@52-lives.org](mailto:admin@52-lives.org). We may not be able to withdraw photos / videos that have already been published in printed or display materials.

**Copyright** – The copyright remains with the person who took the photograph / video.

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By completing this form, you confirm that you give us permission to use the photo/s you provided to us,

**FOR ADULTS:**

**Details of adult giving consent** *(if the photo / video is of a child or an adult unable to understand the consent process, the parent / guardian should complete this section):*

First Name	Family Name
Address	
Postcode	
Telephone	
Email	
Are you happy for us to use your child's first name when we share the photo / video? <b>Y / N</b>	

**Please state here if there are any ways in which you do NOT want us to use photo(s) / videos / audio of you:**

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<b>Signed</b>		<b>Date</b>	
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**FOR CHILDREN (who are able to sign):**

**52 Lives likes to include children and young people in the decision-making process to ensure that their views are respected (where a child has sufficient understanding of the consent process and its implications). So, if you feel it's appropriate, please discuss the use of your child's image / video with them and ask them to sign below to give their consent.**

<b>Signed</b>		<b>Date</b>	
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**Data protection statement**

Other than as specified above, the information that you give us here will only be used to contact you about these photo(s). We will not pass the details recorded on this form on to any other organisation without your permission. Please also refer to the terms of the Data Protection Privacy Notice.