

KINDNESS CHALLENGE

HOW TO PLAY:

See how many of these **ACTS OF KINDNESS** you can do in **ONE WEEK!** Tick them off as you do them... you could even do the challenge with your family or friends (use different colour pens for each person) to see who can do the most?

Started on:

DATE

Finished on:

DATE

 SMILE AT PEOPLE WHEN YOU'RE OUT & ABOUT


 INCLUDE SOMEONE NEW IN A GAME OR ACTIVITY

 TELL SOMEONE YOUR FAVOURITE THING ABOUT THEM


 MAKE SOMEONE LAUGH! SHARE YOUR BEST JOKE

 SHARE!


 TELL SOMEONE YOUR FAVOURITE FACT

 SAY THANK YOU TO SOMEONE WHO DOES STUFF FOR YOU (Maybe your parents, teacher, school caretaker, club leader...)

 WRITE A LETTER OR A POSTCARD to a friend or family member, just to say hello!

 ASK SOMEONE HOW THEY'RE FEELING... AND LISTEN CAREFULLY TO THEIR ANSWER

 GIVE A HUG!


 TIDY UP AT HOME OR SCHOOL WITHOUT BEING ASKED TO

 PLAY WITH YOUR SIBLING OR PET

 BE KIND TO YOURSELF WITH THE 5 WAYS TO WELLBEING!

 PAINT PEBBLES WITH POSITIVE OR INSPIRING MESSAGES AND LEAVE THEM IN RANDOM PLACES FOR PEOPLE TO FIND

 CALL OR MESSAGE SOMEONE YOU CARE ABOUT

 OFFER TO HELP AT HOME. Could you make a meal, put the shopping away or wash up?

 MAKE A CARD FOR A FRIEND TO SAY 'THANK YOU FOR BEING MY FRIEND'

 HELP ORGANISE A GAME OR ACTIVITY FOR YOUR CLASS AT BREAK OR LUNCHTIME

 HAVE A SORT OUT AND DONATE TOYS, GAMES, BOOKS AND CLOTHES (in good repair) YOU DON'T USE ANYMORE TO A CHARITY

 BE KIND TO THE PLANET! Join a beach clean or pick up litter in the playground or on your way to school.