

Create your own kindness trail

Making your own kindness trail is easy! Follow the instructions below and invite the people you live with to take part with you.

You will need:

- A printer and paper
- Scissors
- Blue tack or cellotape to hang up your signs

Instructions:

1. Ask an adult to print out this document or use the signs as inspiration to write out your own trail.
2. Cut out each of the signs. You might need an adults help to use the scissors.
3. Plan where you're going to hang up the signs. You could stick them all over your house, or in the garden if it's sunny outside!
4. Use the blue tack or cellotape to hang the signs.
5. Invite the people you live with to join you on the trail and take part in each of the activities.

Random Acts of Kindness Trail

1. Say hello to everyone you see next time you go for a walk and give them a big smile. It's contagious!



Random Acts of Kindness Trail

2. Give someone a compliment. Maybe they have pretty shoes, or cool hair: tell them what you love about them and why.



Random Acts of Kindness Trail

3. Phone a friend you haven't chatted to in a while and ask them how they're doing. You might need a grown-ups help to borrow their phone.



Random Acts of Kindness Trail

4. Collect any litter you find next time you go out for a walk and put it in the bin when you get home.



Random Acts of Kindness Trail

5. Write a thank you letter to someone who has helped you recently, no matter how big or small. This may be a teacher or someone you live with.



Random Acts of Kindness Trail

6. Design a voucher for free hugs and give to someone to redeem in the future. Make sure you colour it in, include the person's name and how many hugs you are willing to offer.



Random Acts of Kindness Trail

7. Make as many people as you can laugh. Think of your favourite joke and tell it to everyone you see today.



Random Acts of Kindness Trail

8. Write a list of books you think someone in your family will enjoy reading. They'll love hearing your suggestions.



Random Acts of Kindness Trail

9. Help your family cook dinner or offer to do the washing up afterwards.



Random Acts of Kindness Trail

10. Draw a picture for an elderly neighbor and post it the next time you head out for a walk.

