

Take the Kindness Challenge

Celebrate Random Acts of Kindness Week

Have a go at these activities to help you think about what it means to be kind.



Complete this section before you take on the challenge

Think of three things that other people have done for you recently?



Psst! We've left space for you to write but if you don't have a printer at home you can use a separate piece of paper!

1. _____
2. _____
3. _____

What did you do or say to show your appreciation?







The Kindness Challenge



Being kind to other people can make us feel happier too! Complete at least three of the acts of kindness on the right.



Bonus:

Can you think of your own act of kindness too?

- Offer to make a drink for someone
- Pay someone a compliment
- Send a letter to let someone know you're thinking of them
- Phone a friend or relative to cheer them up
- Let someone else choose which TV programme you will both watch
- Put the dishes away without being asked
- Help a sibling or friend with their school work
- Pick up and tidy away your clothes and games from around the house
- Write a kind note for someone in your house - leave it where they'll find it
- Read someone a bedtime story

Complete this section after you have completed the kindness challenge



Why do you think it is important to do kind things for other people?

How does being kind to others make you feel?



