










random acts of KINDNESS

Inspiring Activities To Check Off (for a gold star, a little treat or a BIG hug!)

- ☐ Smile at everyone you walk past today. It's contagious! And the smiles you get back will brighten YOUR day too. 
- ☐ Check in on your friends. Ask them how they are and take the time to listen carefully. They might need someone to talk to and this gives them a chance to talk about how they feel. 
- ☐ Write a card to someone you love and post it to them! Just because! 
- ☐ Pick up some litter and help the environment (ask Mum or Dad to give you some gloves and be sure to wash your hands after!) 
- ☐ Compliment someone you know. Do you love their new shoes, their haircut or the way they sing or dance or do their handwriting? Let them know! 
- ☐ Let someone ahead of you while you are waiting in line. 
- ☐ Write down 5 things you are grateful for and really think about and feel how wonderful those things are. 
- ☐ Tell your family how much you love them. 
- ☐ Write a note to your teacher letting them know they are doing a great job and you love their class! 
- ☐ Give a little treat to someone whose day needs brightening. You could draw a picture, collect a posy of flowers from your yard or bake up some treats with your parents! 