

Acts of Kindness

How many of these can you complete this week?

Tell someone how much you love them. ☐

Help make dinner. ☐

Feed the birds. ☐

Leave a happy note somewhere for someone to find. ☐

Teach someone something new. ☐

Give someone a hug to show how much you care. ☐

Smile at everybody. ☐

Make a get-well card for someone. ☐

Tidy your bedroom without being asked. ☐

Give someone a compliment. ☐

Write a list of things you are grateful for. ☐

Make someone else's bed (as well as your own). ☐

Pick up some litter. ☐



Tell someone three things you love about them. ☐

Do something nice for a neighbour. ☐

Drink lots of water. It's much easier to be kind when you feel healthy and energetic. ☐

Write and send a letter to someone. ☐

Complain less (or not at all)! ☐

Leave something on the doorstep for a next-door neighbour. ☐

Make a positivity poster. ☐

Remember to say please and thank you. ☐

Use less energy to be kind to our planet. ☐

Draw a picture for a friend, neighbour or family member. ☐

Tell a joke, watch a silly video or do something that makes you and others laugh! ☐

Recycle paper. Try to be as inventive and creative as you can with it! ☐

Share something you love with a friend or family member. ☐

Say good morning and goodnight to everyone in your household. ☐

Hide little messages around the house for others to find. ☐

Offer to help a family member with something. ☐

Practice self-kindness by doing something you enjoy. ☐

