

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!



Tick

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

MISS YOU!



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

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

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

