

## Acts of Kindness

1. Write a kind comment on the class blog
2. Make your bed
3. Tidy your bedroom
4. Tidy another room in the house
5. Offer to make the dinner
6. Make breakfast for someone
7. Recycle something
8. Empty the bins
9. Put out the recycling
10. Empty the dishwasher / Do the washing up
11. Make a drink for someone
12. Send a nice email to a company
13. Leave a fun treat for your postman / milkman
14. Feed the birds
15. Help a friend who is stuck with their work
16. Tell someone a joke who is feeling sad
17. Write your teacher a poem about your day
18. Make your brother or sister's bed for them
19. Clear the table without being asked
20. Read a story to your younger sibling
21. Write a letter by hand to a relative you don't see very often
22. Clear up your toys without being asked
23. Draw a picture for a family member
24. Write a letter to your sibling telling them why you love them
25. Make a get well card for someone
26. Check in on an elderly neighbour by writing a note to them
27. Teach someone something new
28. Try saying Yes for the day
29. When you go to bed, think of 3 things you are grateful for
30. Turn off the water while you are brushing your teeth
31. Tell a joke
32. Give someone a smile
33. Leave happy notes around the house
34. Set the table for dinner
35. Say Please and Thank You with a smile
36. Ignore your phone during conversations
37. Make treats and toys for your pets
38. Make someone a playlist
39. Demonstrate the power of encouragement
40. Wash your hands!