



FAIR FIELD
JUNIOR SCHOOL



The Kindness Badge!



2021 Kindness Challenge

This badge is to help encourage you to spread a little kindness and positive energy at the beginning of 2021.

To get your badge you must complete all 3 of the following tasks.

Spread some kindness

To complete task one you must do 3 of the following things throughout the week:

- ▶ Call/facetime a relative/friend who you haven't seen for a while for a chat
- ▶ Make a drink for someone in your house (ask for help if you need it and remember always ask for help AND permission to make a hot drink)
- ▶ Help cook a meal
- ▶ Lay the table
- ▶ Wash up
- ▶ Help with the laundry
- ▶ Clean your room (without being asked!)
- ▶ Make your bed everyday (as above!)
- ▶ Put the rubbish out
- ▶ Send a nice homemade card/letter to someone in the post



Global Kindness

Kindness cannot only be spread to people but also to the world we live in.
Complete 2 tasks from the list below to make the world we live in a better place for all:

- ▶ Feed the birds/wildlife in your garden or the park
- ▶ Be responsible for recycling one item of rubbish a day
- ▶ Take a walk and collect any rubbish that you see and put it in the bin
- ▶ Turn off the tap when you brush your teeth every day to save water
- ▶ Plant some flowers to help the bees
- ▶ Turn out the lights when you leave the room



Discover Kindness

Kindness exists all around us. Can you discover some? Chose and complete one of the following:

- ▶ Find a news article/story about someone who has shown a lot of kindness and write 5 reasons why/how they have shown kindness.
- ▶ Find out about a famous person who demonstrates kindness and design a poster to show how you think they have shown kindness.
- ▶ Write about a teacher and how they show kindness to you at school.



Remember in a
world where you can
be anything be kind!

