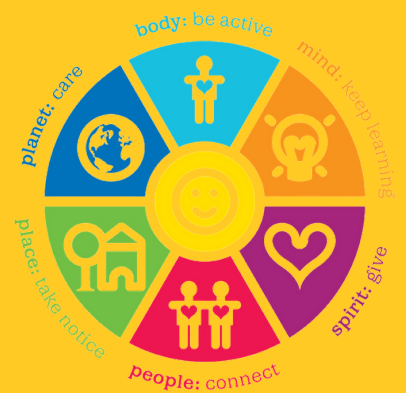
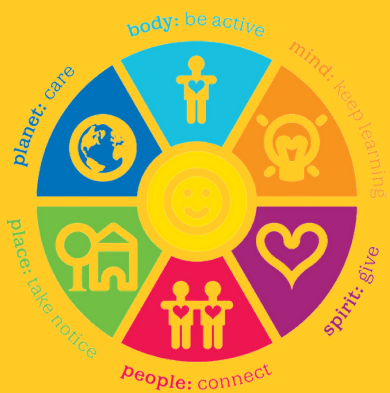


Acts of Kindness



care for the planet

FEED THE BIRDS
PICK UP LITTER
RECYCLE CRISP PACKETS AT SCHOOL
PLANT SOMETHING AND NURTURE IT
CREATE AN INSECT HOTEL FOR THE GARDEN
TURN OFF THE TAP WHILE BRUSHING YOUR TEETH
CREATE YOUR OWN COMPOST AND PUT IN THE GARDEN FOR WILDLIFE

take notice

HELP MAKE DINNER
CARRY SHOPPING FOR AN ELDERLY NEIGHBOUR
TELL YOUR PARENT/CARER WHY THEY ARE SPECIAL
LEAVE A THANK YOU NOTE FOR THE POSTMAN/WOMAN
CLEAN YOUR ROOM WITHOUT BEING ASKED
SEND A LETTER TO A FRIEND YOU'VE NOT SPOKEN TO IN A WHILE
GIVE SOMEONE A HUG

connect with people

CALL YOUR GRANDPARENTS AND ASK HOW THEY ARE
SAY HELLO TO EVERYONE TO SEE
TALK TO SOMEONE NEW AT SCHOOL
COMPLIMENT A FRIEND
SAY THANK YOU WHEN SOMEONE HELPS YOU
SING SONGS AT A RESIDENTIAL HOME
MAKE A GET WELL CARD FOR SOMEONE
SMILE AT OTHERS -IT'S CONTAGIOUS!

give to others

DO A CHORE FOR SOMEONE WITHOUT THEM KNOWING
HOLD THE DOOR OPEN FOR SOMEONE
LET SOMEONE GO AHEAD OF YOU IN A QUEUE
DONATE SOME UNUSED TOYS/CLOTHES TO A CHARITY SHOP
TAKE CARE OF SOMEONE'S PET WHILE THEY ARE AWAY
DONATE FOOD TO A FOOD BANK
MAKE A HOMEMADE GIFT FOR A NEIGHBOUR

keep learning

READ A BOOK TO A GRANDPARENT
LEARN HOW TO SAY HELLO IN FIVE OTHER LANGUAGES
WRITE A POEM TO YOU FAVOURITE TEACHER
MAKE PLAYDOUGH FOR YOUNGER SIBLINGS
RESEARCH ABOUT A LOCAL CHARITY THEN DO SOME FUNDRAISING FOR THEM
ADOPT AN ANIMAL ONLINE

be active

WALK A NEIGHBOUR'S DOG FOR THEM
DO SOME WEEDING FOR A OLDER RELATIVE
WATER THE PLANTS
LEARN A DANCE ROUTINE WITH A FRIEND/SIBLING
GO FOR A BIKE RIDE, AND LEAVE HAPPY NOTES ALONG THE WAY
WASH SOMEONE'S CAR

