

Random Acts of Kindness

Make a card for someone at home and tell them why you love them.	Do someone a favour without asking for anything in return.	Laugh ten times in one day.	Play or sit with someone from another class at lunch.
Pick up ten bits of rubbish on the ground and put them in the bin.	Write a kindness poem and share it with the class.	Ask someone at home how you can help them.	Write a letter to a friend and include three reasons why they are a good friend.
Cheer someone up by telling someone a joke.	Create a poster that encourages people to put their rubbish in the bin.	Say hi to someone at school who you don't know.	Give someone a genuine compliment.
Ask a friend or family member about their day.	Write down a compliment for someone and leave it somewhere for them to find.	Write down three things that make you proud of yourself.	Let someone go in front of you when standing in a line.

Random Acts of Kindness Bingo TUESDAY

This week, your task is to see how many random acts of kindness you can do for the people around you. Once you have completed a random act of kindness, you can mark it off your bingo sheet.

At the end of the week, attach a picture of your bingo sheet with a sentence underneath saying how it makes you feel when you are kind to someone or when someone is kind to you.