

Acts of Kindness at Home Secondary School

Think about what kindness means. How does being kind help others? How do acts of kindness help us? What are acts of kindness? Below is a list of ideas. Either use the calendar below or select a few of these to work on during the week. When you have achieved these then select another few ideas.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make a drink for a member of your household.	Help with the washing up or clear away the dishes	Bake a cake or some cookies to share with your family.	Tidy away your games or study books without being asked to.	Help to sort out the laundry.	Make a thank you card or write a thank you letter and send it.	Organise a virtual quiz and bring your community together.
Smile all day.	Write a newsletter for your street or community.	Phone or have a video call with a relative or friend to cheer them up.	Turn off the water whilst brushing your teeth.	Teach someone something new or help a younger sibling with their studies.	Reuse the back of the paper.	Write a poem for a friend or a relative.
Be kind to yourself – do something that you enjoy each day.	Empty the dishwasher.	Water the house plants or plants in the garden or window box.	Keep 2 metres apart to social distance from people when outside your household.	Plant something new in the garden or window box and care for it.	Don't interrupt when someone else is speaking.	Try saying yes for the day.
Don't shout today.	Before you go to bed think of three things you are grateful for.	Buy shopping for a neighbour and leave it on their doorstep.	Be kind to yourself – sort out what you can control and what you can't control.	Wash your hands for 20 seconds with soap and water.	Help to weed the garden.	When out for a walk smile at everyone you see.
Help around the house without being asked to.	Make dinner.	Be kind to yourself – reflect on your acts of kindness at the end of the week. Think about what you have achieved and who you have helped.				

