

Acts of Kindness at Home Primary 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 for each day of the month.

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	Lay the table for the next mealtime	Tidy away your toys and games or study books without being asked.	Help to sort out the laundry.	Make a thank you card or write a thank you letter and send it.	Give out hugs all day.
Smile all day.	Sort out your old toys or games that you no longer play with and then ... *	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.	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.	Tell a joke.	Empty all the bins at home.	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.	Water the house plants or window box.	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.				

- Sort out your old toys or games that you no longer play with or use. Clean them and put them outside your house with an invitation for passers-by to buy them or to leave a charity donation.