

# 21 DAY KINDNESS CHALLENGE

For the next 21 days, choose an act of kindness and place a tick once completed.

Smile at someone

Tidy up your room

Draw a picture for a friend

Write a thank you note

Say I love you to a family member

Make a bird feeder

Give a compliment to someone

Share with a friend or sibling

Play with someone new

Write a list of your special qualities

Say 'please' and 'thank you'

Make a drawing for a teacher

Tell someone a story

Deliver a surprise gift

Donate a toy or book

Make a bug house

Hold the door open for someone

Do an extra chore

Help a friend with a problem

Make someone laugh

Give yourself a big hug

