



It's Kindness Week and time to start our 30 day challenge.



Kindness ideas to try today and everyday.

Week 5

Smile and Greet: Start your day with a smile and greet people you encounter, whether it's your neighbour, a friend or another pupil. A simple "Good morning" or "Hello" can brighten someone's day.

Compliment Someone: Give a sincere compliment to someone. It could be about their appearance, their work, or something you appreciate about them. Compliments can boost self-esteem and spread positivity.

Hold the Door: If you see someone approaching a door behind you, hold it open for them. This small gesture of courtesy can make someone's day a little easier.

Weekly Challenges

1. Can you write a list of things you are grateful for?
2. Can you design a kindness tag to go with our 'Kindness Boxes'? 'Sent with love and kindness from St Mary's School'.
3. Can we make and decorate a whole school kindness paper chain to connect our kindness together?
4. Kindness Word-search
5. Draw something you enjoy doing. Remember self-care, which is kindness to yourself, is important.