



KINDNESSMATTERS

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

**Kindness ideas to try today and everyday.**



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**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. Don't say mean words or actions! \*
2. Remember to wash your hands. \*
3. Thank a member of the local community. \*
4. Keep all of your belongings tidy including your lunch box if you have one!
5. A weekend task-Tidy your bedroom without being asked to.

**\* Kindness Matters video available to support.**