



KINDNESSMATTERS

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

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



KINDNESSMATTERS

### **Week 6**

**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 Challenge**

**There is just one challenge this week to do over several days.**

#### **Kindness Challenge Poster Competition.**

**Design an A4 high quality kindness poster featuring a kindness quote or quotes that can be displayed around school in the New Year. There will be two prizes per class. Stafford Class can colour a kindness quote.**