



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. Remember to help to tidy away during and at the end of lunch. This includes cups, spots, carpet tiles and all play equipment. Check and double check the playground. The Middays will appreciate your kindness!
2. Be polite and respectful to all adults inside the dining hall and outside on the playground. *
3. Smile at everyone you meet today. Remember smiling is contagious!
4. Let a friend know you appreciate them. Tell them why.
5. Write a kindness note/happy note. Find time in class to swap the notes. How does spreading kindness help you feel?