



KINDNESSMATTERS

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

Kindness ideas to try today and everyday.



KINDNESSMATTERS

Week 3

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. Tell or share a silly joke with someone to make them smile!
2. Offer to help at home with a household chore.
3. Watch <https://www.trendmicro.com/internet-safety/for-kids/cyber-academy/kindness-online> Come up with a hashtag for being kind online. Post on Twitter or Facebook.
4. Design a 'Thank You' card and give it to someone. *
5. Share/Read a book to a fellow pupil. *

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