



KINDNESSMATTERS

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

Kindness ideas to try today and everyday.



KINDNESSMATTERS

Week 4

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. Spread Kindness like confetti ! Smile at everyone you see today. Remember smiling is contagious.
2. Greet all the teachers on the gate this morning and the staff in the office. Saying 'Good morning or Hello' brightens up everyone's day.
3. Can you bring a donation from home today that we can take to **Headway** who are desperate for donations?
4. Learn/Write a kindness poem.
5. Can you feed the birds in your garden this weekend? What birds did you see? Can you take a photo to share with your class?