

ACTS OF KINDNESS

*'Acts of Kindness' can help us feel good about ourselves
and improve our Wellbeing*

*Try some of these 'Acts of Kindness' with your Family
Select one a day to practice at home with your Family*

Share with someone in your Family



Tidy your Bedroom



Smile and encourage others in your Family



Play with others in your Family



Write a 'thank you' note to someone in your Family



Share a book with a younger brother or sister in your Family



Say something nice to someone in your Family



Hold the door open for someone in your Family



Write a card to your Grandparents



Say "please" and "thank you" to someone in your Family



Help to tidy around the House



Let someone else go first when playing a Game or Activity with your Family

