



THE LITTLE ACTS OF KINDNESS CHALLENGE

Small actions make a big difference!



1 Say something kind to someone today. ☐	2 Help with a job at home. ☐	3 Share a toy or book with someone. ☐	4 Thank someone who helps you. ☐	5 Be kind to nature – pick up some litter. ☐
6 Give a compliment to someone. ☐	7 Make someone in your family smile. ☐	8 Help a friend if they need it. ☐	9 Be kind to an animal. ☐	10 Do something helpful without being asked. ☐
11 Write or draw a kind note for someone. ☐	12 Spend time with someone who might feel lonely. ☐	13 Be patient even when it's hard. ☐	14 Say "please" and "thank you" today. ☐	15 Help look after the environment (e.g. save water or switch off lights). ☐
16 Include someone in a game or activity. ☐	17 Do something nice for a neighbour. ☐	18 Tell someone what you appreciate about them. ☐	19 Be kind to yourself – do something that makes you happy. ☐	20 Think of your own kind act today! ☐

MY KINDNESS REFLECTION

Which act of kindness did you enjoy the most?

