

A LITTLE BIT OF KINDNESS

by Mark and Helen Johnson

CHALLENGE

With your family members, **make a list of the little acts of kindness that you can do to brighten someone's day at home**, such as checking if they are OK, asking if there is anything you can do to help, offering to make a cup of tea, tidying up without being asked, unloading the dishwasher etc. Can you come up with 50 ideas? How many can you do in a day?

SHARE IT

When you are separated from your friends and family, for whatever reason, it's just as important to *'show people that you care'*. **Think of ways that you can do this such as putting pictures up in the window for passers-by to see**, keeping in touch by sending photos and messages to friends and family, or sharing artwork you have created or a new fact you have learnt.

TALK ABOUT

At the end of the day, perhaps whilst eating your evening meal or before bed, **talk about how many acts of kindness you received during the day and how these made you feel.**

DID YOU KNOW?

National Random Acts of Kindness Day takes place each year (in 2020 it was on 17th February).

“TRY TO BE A RAINBOW IN SOMEONE'S CLOUD.”
Maya Angelou



Song taken from
Songs For EVERY Happy, Healthy School
By Mark & Helen Johnson

