



RANDOM ACTS OF KINDNESS SPRING CHALLENGE


Over the Easter Holidays we want you to try complete as many Acts of Kindness as you can. All those who complete and return to the 'Friends of Arnold Mill' postbox by Friday 17th April will be given a little prize as a token of our appreciation for spreading Kindness around our community. Use the other side of this sheet to record your Acts of Kindness.



KINDNESS TO THE ENVIRONMENT

- Go on a litter pick in your local area
- Plant flowers or help in the garden
- Recycle items at home
- Turn off lights and save energy
- Feed birds or care for wildlife


KINDNESS AT HOME

- Help set the table or tidy up without being asked
 - Make breakfast for your family (with help if needed!)
 - Write a kind note or draw a picture for someone in your home
 - Give someone a genuine compliment
 - Help a sibling with reading or homework
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KINDNESS IN THE COMMUNITY

- Send a card or message to a friend you haven't seen
- Donate toys or books you no longer use
- Help a neighbour (e.g. carry shopping, tidy a garden, walk a dog)
- Smile and say hello to people when out and about
- Leave a cheerful chalk message on the pavement

RANDOM ACTS OF KINDNESS

- Hide a positive note for someone to find
 - Let someone go ahead of you in a queue
 - Share your toys or games
 - Make a thank-you card for a local hero (bin collectors, delivery drivers, etc.)
 - Do something kind without telling anyone
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Record your Acts of Kindness below and post it in the 'Friends of Arnold Mill' Postbox by Friday 17th April.

NAME : _____

CLASS: _____

Day 1:	Day 2:	Day 3:	Day 4:	Day 5:	Day 6:	Day 7:
Day 8:	Day 9:	Day 10:	Day 11:	Day 12:	Day 13:	Day 14: