

Daily Challenge Task

Be Randomly Kind

Objective: Read my letter to you and attempt a task of your choice. Perform a random act of kindness.

Activity: Think kind, Be kind, Do kind!

Dear Selwood Pupil,

I hope you and your families are keeping well, staying safe and you're all coping at this strange time.

I hope you're managing to complete lots of school work and even some Daily Challenges, like this - it's not easy to work at home for home is not school, but just try your best and keep going.

Likewise, read lots, enjoy the good weather (if you can) and take this time to enjoy quality time with loved ones.

*A challenge I want to set for this week and beyond is this:

How can you be kinder, more selfless and caring at home? What can you do to make each other's lives just that little bit easier, as well as sharing the burden of chores at home?

Do you help keep your room tidy? If not have a go this week, impress your Parent(s)/ Guardian(s) or Carer. Do it for you!

This week, why not help around the house that little bit more, be kind, do kind things and I can assure you it will make you and the recipient (whoever you are doing it for) happier. When you do something for someone else, it makes him or her feel good and it will make you feel good too (it's a scientific fact).



Daily Challenge Task

Some ideas:

Vacuum the house, wash and dry the dishes, make someone a cup of tea/ coffee, help make the lunch or evening meal, wash the inside windows, put the rubbish/ recycling out, plant a flower or help weed the garden. The list is endless. If you need to, ask an adult how you can help- surprise them.

How about leaving a post-it note for the 'Postie' or Refuge Collectors. Thank them for what they do; they will appreciate your simple act of kindness and potentially make their day, as does a smile and/or a 'Hello!' to anyone you see in the day.

For family and friends far away, how can you bless them?

Have a go at writing a surprise note/ card/ letter to someone you care for. There aren't many nicer things than to receive a note/ card/ letter in the post, it's even nicer than email or text message (in my view) and takes just a little more effort and thought. Why not have a go!

This week, whoever receives a card from you or your family, whoever receives any act of kindness will most likely not be expecting it and if it brings just an ounce of joy to their day, you have achieved a great thing!

Research 'Pass it on'

Instead of expecting something in return, ask someone to Pass the kindness forwards to someone else (a Mexican wave of Kindness).

https://www.youtube.com/watch?v=X3ld9_p2bS0

Have fun doing this, keep safe, be kind, do kind and see you all soon. Thank you! 😊

Mr Prouse.

