

Acts of kindness

MAKE SOMEONE SMILE

Draw a picture
for your
neighbour or a
friend.

Teach
someone
something
new

Help your
parents
make
dinner

Be kind
to
yourself

Share

Make
Someone
Laugh

Say
'Thank you'

Say good job

Give
a
Hug

Say
I
Love
You

Give
a
compliment

Clean up
without
being
asked

Write
a nice
letter to
someone

Take
out the
Rubbish

Give
someone
a
flower