



Research has shown that we can improve our own wellbeing by doing nice things for other people whether that be giving our time, our words or our presence. Underneath are some different Acts of Kindness to do, cut the cards out and shuffle them. Then each day pick a card at random and try to complete the Act of Kindness by the end of the day!

<b>Contact a relative or friend who is on their own at this time</b>	<b>Do a little job for someone without them knowing</b>	<b>Tell a joke to 3 people to make them smile</b>
<b>Tidy your bedroom for a week</b>	<b>Pay attention to your teacher/carer</b>	<b>Give someone a compliment</b>
<b>Say something nice to 1 person every day for a week</b>	<b>Feed the birds</b>	<b>Help someone with their work</b>
<b>Share your toys or special possessions with people in your house</b>	<b>Help your parents with the jobs around the house</b>	<b>Ask someone how they are feeling today</b>
<b>Smile at 3 people today</b>	<b>Leave a kind note for someone</b>	<b>Be patient with the people around you today</b>