

Spread kindness around the world

Choose your favourites or complete them all!

Write a short story about a small act of kindness that makes a big difference.

Write a thank-you card to someone. Thank them for all the things they help you with and do for you.

Start a kindness jar. Every time someone does something nice for you, write it down on a piece of paper and put it in the jar.

Write down three things that you are proud of.

Invent a kindness superhero! Give them a name and describe their special powers.

Write an acrostic poem using the word 'kindness'.

What is the kindest thing you have done for someone? Write about how this made you feel!

Write little notes saying nice messages and leave them for people to find.

Write a letter to a friend telling them why they mean so much to you.

Complete the sentence: "It is important to do kind things for others because..."