

24 Days of Kindness Challenge!

One small act of kindness can spread further than you can imagine.

Kindness works the same way as the spark of a candle — one small act can fill a whole classroom, a family, or even a whole school with warmth and happiness.

Some ideas for you:

1. Smile at everyone you see today
2. Say thank you to an adult in school or at home
3. Invite someone new to play or join your game on the yard
4. Hold the door open for others
5. Give a compliment to a friend
6. Help tidy your classroom without being asked (or your bedroom!)
7. Tell someone why they are special
8. Share something with your friend or sibling
9. Include someone who is alone
10. Make a card for a grown-up at home
11. Say “Bore Da” in Welsh to three people
12. Offer to help at home
13. Let someone else choose the game
14. Say sorry if you need to
15. Help your teacher or parent with a job
16. Read to a younger child or sibling
17. Be patient when waiting
18. Sit with someone new at lunch
19. Make your bed when you get up
20. Check in on a friend who looks sad
21. Tell your family one thing you love about them
22. Give someone a drawing or note
23. Be kind to yourself—rest, breathe, relax
24. Do something kind in secret. (The best kind!)



Being kind makes others feel good, then you feel good too!