



40 Kindness Challenges

(Tick off the challenges as you go)

<p>AFFECTION Pay someone a compliment</p>	<p>SERVICE Hold the door open for someone.</p>	<p>SERVICE Set the table for dinner.</p>	<p>RESPECT Thank the kitchen staff for your lunch.</p>	<p>AFFECTION Tell your parents/carers that you love them.</p>
<p>AFFECTION Call a friend or family member to ask them about their day.</p>	<p>PEACE Write a prayer asking God to help someone else.</p>	<p>SERVICE Help make dinner.</p>	<p>INCLUSION Ask someone different to play during playtime.</p>	<p>AFFECTION Draw a picture for someone</p>
<p>SERVICE Offer to do a job for your teacher.</p>	<p>INCLUSION Smile at as many people as you can.</p>	<p>EMPATHY Ask your parents/carers if there is anything you can do to help them.</p>	<p>SERVICE Sort through your clothes and donate outgrown clothes to a charity shop.</p>	<p>INCLUSION Help a friend with their work.</p>
<p>AFFECTION Choose your favourite book and read it to someone else.</p>	<p>SERVICE Find spare change and donate it to a charity.</p>	<p>SERVICE Make or bake something for someone else.</p>	<p>INCLUSION Say good morning to as many people as you come into school.</p>	<p>AFFECTION Leave a note for someone telling something you like about them.</p>
<p>AFFECTION Tell someone a joke.</p>	<p>SERVICE Make someone else's bed for them</p>	<p>INCLUSION Teach someone to do something.</p>	<p>RESPECT Write a Thank you note for Father Jonathon.</p>	<p>PEACE Write a prayer and leave it in the prayer box.</p>
<p>SERVICE Sort through your books and donate old ones.</p>	<p>EMPATHY Let someone go ahead of you in the line.</p>	<p>SERVICE Offer to help someone carry something.</p>	<p>EMPATHY Make a bird feeder and hang it outside.</p>	<p>AFFECTION Write a poem for someone.</p>
<p>SERVICE Help your parents/carers with the food shopping.</p>	<p>AFFECTION Give a friend/family member a hug.</p>	<p>PEACE Share something you love with someone else.</p>	<p>AFFECTION Spend all day saying kind things to others.</p>	<p>SERVICE Donate a toy to your class for golden time.</p>
<p>INCLUSION Write a little note and leave it in a friends pocket for them to find later.</p>	<p>EMPATHY Tidy up your room/classroom without being asked.</p>	<p>PEACE Plant something and watch it grow.</p>	<p>SERVICE Pick up some rubbish and put it in the bin.</p>	<p>PEACE Write a list of things you are grateful for and share this with your parents/carers.</p>

Parent/Carer signature; _____