

## Random Act of Kindness

You can pick from the list below or think of your own! Do one or more daily for MHAW.

- Tidy your room without being asked
- Wash someone's car
- Offer to make someone a cup of tea/ get them a drink
- Pick up leaves
- Pick up litter and throw it in the bin when you see it
- Post someone a letter, card or postcard to let them know you're thinking of them
- Call a relative, friend or neighbour
- Help set the table for dinner
- Write happy notes in chalk on the pavement to brighten someone's day
- Write thank you/appreciation notes to people who have helped you or been kind to you
- Help make dinner
- Draw a picture to brighten someone's day
- Load the dishwasher
- Help unpack the grocery shopping
- Make a friendship bracelet for a friend
- Pick something up if it's fallen on the floor
- Help tidy away
- Sharpen all the colouring pencils so they are ready to be used by someone else
- Feed your pet or clean out their cage without having to be told
- Read your little brother or sister a bedtime story
- Offer to walk your neighbour's dog for them (only if your mum and dad say it's okay and will go with you).
- Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.
- When you go shopping with your parent/ carer, choose an extra item of food to donate to a food bank (if your parent agrees to this too)

How many of these kindness challenges can you complete? Remember to check with an adult if necessary and think about whether the tasks will be safe!