

RANDOM ACTS OF KINDNESS WEEK

HALF-TERM CHALLENGE

16th-20th February 2026

Complete all 5 and you could WIN amazing prizes!

FIRST NAME: AGE: YEAR GROUP:



DAY 1

SHHHH...COULD YOU BE A SECRET SPREADER OF KINDNESS?

Today, your mission is to do something kind for someone in your household, without them knowing it was you! Maybe you could make someone's bed, or tidy a sibling's toys away?



What I did

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.....

How I felt

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.....



What I did

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How I felt

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DAY 2

THANK SOMEONE

Your mission today is to write a kind note (or draw a kind picture) for someone you know who you would like to thank. You can use our template or make your own. It could be a parent, a teacher, a sibling, a friend...anyone who has helped you in some way. Thanking people helps to let them know you appreciate what they do and that they matter to you. Your little note might make their day.





DID YOU KNOW?

Kindness is contagious, just like a cold. Scientists discovered that when you are kind to someone, that kind act can spread to up to 125 people!

DAY 3

BE KIND TO YOURSELF

When we think about kindness, we often think about doing something for others. But being kind to ourselves is just as important. It helps us feel happier (which makes us more likely to be kind!)

Today, your mission is to be kind to yourself... we'd like you to write down 5 things that you love about yourself. Maybe you're a good friend, maybe you make people laugh, maybe you're a good listener or fast at running. Whatever it is, write it in the space here and celebrate the wonder that is YOU.

5 things I love about myself

1.
2.
3.
4.
5.

COMPLETED



COMPLETED

What I did

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How I felt

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DAY 4

SAVE THE WORLD

Being kind to people helps to create a better world...but being kind to the planet will give us a world to live on.

Today's mission is to do something to help the environment. Some ideas could be to plant some wildflower seeds to help bees and butterflies, save energy by turning things off when we're not using them, or ask your adult if you can walk or cycle instead of using the car.





DAY 5

HELP US TO HELP A
YOUNG CARER



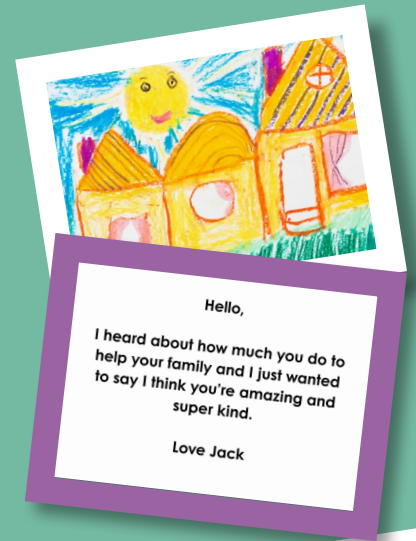
A **Young Carer** is a child who helps look after someone in their family, like a parent or sibling. They usually do this because that person might be ill or need extra help. They might do jobs at home, remind someone to take medicine, or keep them company — which can mean they have less time to play or relax.

For your final challenge, we'd love you to write a letter or make a card to tell a Young Carer how kind and amazing they are!

All you need to do is write a letter, make a card or draw a picture and send it to us along with this Challenge Sheet and we will pass them along.

What should you write? Anything kind that would put a smile on their face. Try to imagine what you would like someone to say to you if you were them.

(Please just use your first name and make sure not to share any personal details about where you live or what school you go to etc.)



DID YOU KNOW?

When we are kind, it releases feel-good chemicals in our brain and helps us feel happier.



PRIZES...

The winner will receive:

- A £20 book or toy voucher
- A 1 year subscription to the Happy Newspaper plus a kind book bundle for your school library



WHAT'S NEXT?

Deadline for entries:

All completed entries to be bought back to school on Monday 23rd February.

Everyone is welcome to take part but only children in the UK in Key Stages 1 or 2 will be eligible to win prizes. Only one entry per person may be submitted. Entries will be judged by the 52 Lives CEO, Jaime, and Director of Kindness, Greig. For the full terms and conditions, visit <https://schoolofkindness.org/kindnesschallenge>



DEAR

THANK YOU SO MUCH FOR...

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FROM

