

EASTER KINDNESS CHALLENGE

HOP TO IT!

Being kind is a great way to help other people, while also helping yourself at the same time. When we're kind, it releases feel-good chemicals in our body that help us feel happier AND even make us live longer. How amazing is that?

This Easter Holidays, we'd love you to help spread some extra kindness. All you have to do is tick off all 15 kind activities and you will go into a draw to win a £10 book voucher for you PLUS a kind book bundle for your class. **Have fun!**

FIRST NAME: _____

AGE: _____

Give a loved one a hug

Write down or draw a picture of 3 things you are grateful for

Do something kind for the planet.
(It could be planting flowers, using the car less, or helping to recycle.)

Be kind to your mind. Write down 3 things you love about yourself

Tell someone a joke to make them laugh

Give someone a compliment.
(You could use the templates provided or make your own.)

Send someone a kind note

Have a screen-free day

Spend some time doing something you love

Help tidy up without being asked to

Ask someone how they are, and really listen to their answer

Tell someone what you like about them

Smile at someone

Make a kind card and make someone's day!
(You could use the egg and flower templates provided or make your own.)

Spend time in nature