<u>We are growing kindness for 40 days</u>. onumber here are growing kindness for 40 days.

Each time someone is kind to you colour in a leaf. Each time you are kind colour in a leaf.

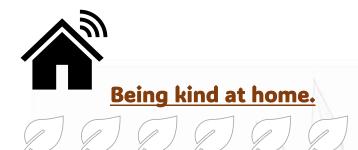


Be kind to the world.

- 1. Pick up litter!
- 2. Feed the birds in your garden or local park.
- 3. Hug a tree or make a den from twigs and be thankful that trees provide you with oxygen and shelter.
- 4. Plant a bulb or seeds in a pot and give them to someone as a present.
- 5. Leave a dish of some water for wildlife to drink from
- 6. Use less water in your bath or shower.
- 7. Visit a Pet shop / Aquarium / Zoo and ask the people who work there and find out how they are kind to the animals, or the animals are kind to each other.
- 8. Send a thank you card or email to the people who take our litter away.
- 9. If you go to the beach pick up some plastic and put it in the bin
- 10. Thank God for the beautiful world around you.

Be kind to neighbours.

- 1. Leave a happy note for someone to find.
- 2. Donate something to the Trussell Trust or a charity shop.
- 3. Say hello to someone you don't know yet.
- 4. Smile as you walk along the street.
- 5. Write a list of kind people and thank them.
- 6. Draw a thank you picture for the person who delivers the post or parcels.
- 7. Find our something out that you did not know before about children in a different country.
- 8. Say a prayer for children in parts of the world where there is war or disasters.
- 9. Ask your parent or carer to buy Fairtrade chocolate for you!
- 10. Thank God for those who live near you.



- 1. Make your bed.
- 2. Put a plate in the dishwasher or unload the shopping.
- 3. Help someone when they ask for help.
- 4. Say thank you to those who care for you.
- 5. Learn a new skill and share it with a family member.
- 6. Give a family member or friend a hug.
- 7. Clean up your toys before being asked to.
- 8. Say thank you to God for what you are eating.
- 9. Think kind thoughts even when you are cross.
- 10. Thank God for people who love and care for you.

Be kind in nursery or school.

- 1. Hold a door open for someone.
- 2. Say thank you to someone who helps you.
- 3. Invite someone to play.
- 4. Use kind words all day.
- 5. Help someone who needs help.
- 6. Tell someone what they are good at.
- 7. Invite someone to join in with your friends.
- 8. Bake a treat for your friend.
- 9. Thank God for the people who you learn from.
- 10. Send a thank you card to someone who works in your school.

You may like to reflect...

When was it hardest to be kind?

How did someone else's kindness to you help?

