

 **We 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 out 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.



## **Being kind at home.**



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?*

