

# RANDOM ACTS OF KINDNESS WEEK

## HALF TERM CHALLENGE

13th-19th February 2023

Complete all 5 and you could WIN amazing prizes!

FIRST NAME: ..... AGE: ..... YEAR GROUP: .....

### DAY 1

#### SHHHHH...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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COMPLETED

COMPLETED

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. 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 do something kind for yourself. It might be spending time doing something you enjoy, making sure you have a good night's sleep, writing a list of 5 things you love about yourself...or anything else you can think of!



What I did .....

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How I felt .....

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COMPLETED

What I did .....

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How I felt .....

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COMPLETED

### 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, or ask your adult if you can walk or cycle instead of using the car.





## DAY 5

### HELP US TO HELP SOMEONE

Your final mission is to help someone via our Kids' Kindness Club. Every week, the Kids' Kindness Club helps to spread kindness to someone going through a tough time. Visit the website [www.kidskindnessclub.org](http://www.kidskindnessclub.org) and watch the Kindness Challenge video to find out what your task is! (If you don't have internet access, you can choose your own activity - perhaps you could make a thank you card for doctors and nurses at your local hospital?)

What I did .....

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How I felt .....

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COMPLETED

## DID YOU KNOW?

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



## WHAT'S NEXT?

If you're doing this activity for school, give your completed challenge sheet to your teacher. Otherwise, ask a grown up to post or email it to us:

**52 Lives – School of Kindness**  
**PO Box 3154 Reading, RG1 9AT**  
**Email: [schools@52-lives.org](mailto:schools@52-lives.org)**

## PRIZES...

The winner will receive:

- A £20 book or toy voucher
- A one-year subscription to the Happy Newspaper
- An exclusive School of Kindness 'Kindness Bench' donated by [NBB Recycled Furniture](http://NBB Recycled Furniture).

The competition is open to children in the UK in Key Stage 1 and 2. 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>



## PSSSTTT - YOU'VE ALREADY WON!

If you don't happen to win a prize, just remember...when you're kind, it makes your mind and body healthier and happier, and creates a kinder world.  
**That's the best prize of all.**

## CONTACT DETAILS... (TO BE COMPLETED BY THE CHILD'S PARENT / GUARDIAN OR TEACHER)

These details will only be used to send prizes, unless you indicate below that you would like to subscribe to our newsletter or join our Kids' Kindness Club.

Name of Teacher / Parent / Guardian .....

Name of School .....

Postal address .....

Email address .....

Telephone number .....

☐ I am interested in joining the free Kids' Kindness Club (we will send you details of how to join)

☐ I would like to subscribe to the free School of Kindness monthly email newsletter (you can unsubscribe at any time)

☐ I confirm the child has completed the activities detailed above. I have read the privacy notice (<https://schoolofkindness.org/privacy-policy>) and consent to the processing of my personal data.

**Safeguarding:** 52 Lives is committed to safeguarding and promoting the welfare of children. We have a duty to share information that is disclosed to us with other agencies where we have safeguarding concerns, in line with legislation. For our full safeguarding policy, visit: <https://tinyurl.com/y6lhootn>

[www.schoolofkindness.org](http://www.schoolofkindness.org)

[www.kidskindnessclub.org](http://www.kidskindnessclub.org)

### DID YOU KNOW?

Kindness slows the ageing process and helps us live longer.

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52 Lives is a charity registered in England and Wales (1166238)

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