

# KINDNESS ACTS

Choose the kindness acts you'll do across a week as part of the Kindness Challenge.

Spread a little kindness across your school community while helping Childline be there for more children.



## IDEAS

## WRITE AND DRAW YOUR OWN



**Learn something new about someone in your class.**

- Ask them who, what, where, why and how questions to get the most interesting answers.



**Be kind to yourself.**

- Do something you love that makes you feel good.
- Write down or draw a picture of what you did so next time you're feeling down you can remember to try doing this again.



**Smile and say good morning to someone who works in your school.**



**childline**

ONLINE, ON THE PHONE, ANYTIME



If you ever need support you can call **0800 1111**, or visit **childline.org.uk/kids**

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