

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

 <p>Learn something new about someone in your class.</p> <ul style="list-style-type: none"> Ask them who, what, where, why and how questions to get the most interesting answers. 		
 <p>Be kind to yourself.</p> <ul style="list-style-type: none"> 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. 		
 <p>Smile and say good morning to someone who works in your school.</p>		

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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