



BE A HERO!

RANDOM ACTS OF KINDNESS FOR CHILDREN

WORLD KINDNESS DAY
13TH NOVEMBER 2022

KINDNESS - THE QUALITY OF BEING FRIENDLY, GENEROUS, AND CONSIDERATE.

In the setting

Help to tidy up, even if it wasn't your mess

Hold the door for a friend or an adult

Let someone in front of you in a queue

Hang someone's coat up when it falls off the peg

Help with snacks or milk

Ask someone to play if they are on their own

Put litter in the bin - even if it wasn't yours

Get help if someone falls over

Paint a picture for someone special - just because they are special

Help a friend if they are stuck with their learning

Tell a joke

Bake cakes for other children in the setting

Write happy messages to special people in chalk outside so they can read them when they pick you up

Read a book to a friend or a younger child

Write thank you notes for the waste removal service

Say thank you to the staff who work at lunchtime

Aim to say 3 nice things today to different people

Sit with someone new at lunchtime

Make bookmarks to leave in library books

Make friendship bracelets

Use your best manners

Around the setting

Make a donation to a charity shop

Write a thank you note to someone special to tell them they are special

Hand someone you don't know a flower (with an adult to help)

Raise money for charity

Say something nice to someone - "your hair looks nice today."

Donate old comics / books to the local dentist or GP for the waiting room

Visit the local old people's home to sing

Post a postcard to your friend to thank them for being a good friend

When walking with an adult smile and say 'hello' to people you pass

Leave 'happy notes' around the place you live (with an adult to help)

Feed the birds

Make a food donation to a local food bank

Make a donation to a homeless shelter

Bake treats for the local fire station / police station - take them with an adult

Donate colouring books / crayons to a children's hospital ward

Help to pack shopping at the local supermarket

Give someone you don't know a picture you have coloured (with an adult to help)

Make hearts with an adult, go for a walk around the local area and hand them out to people you pass

Work together to make a 'Happiness for Dogs' container - a container of dog toys, tennis balls etc to leave in the local park

Make cards / pictures for residents at the local nursing home

Smile at as many people as you can!

At home

Help an adult set the dinner table

Help an adult tidy up after dinner

Leave a special note for your mum, dad, brother, sister or someone else special at home

Donate some pocket money to charity

Hang up your coat when you get home from school / nursery

Give flowers to someone special

Help an adult wash the car

Give the postal worker a thank you note.

Blow bubbles in the school playground

Give someone you don't know a sticker (with an adult to help)

Tidy your bedroom without being asked

Hug people at home - just because you can

Wave at people as you walk or drive home

Get ready for school without being pestered

Let someone else choose what to watch on the TV

FaceTime someone you don't see very often

Take flowers to an elderly neighbour

Help with the dishes - hand washing or emptying the dishwasher

At bedtime tell an adult 3 things you are thankful for

Play board games together

Help to feed your pet

KINDNESS BOOKS

Be Kind by Pat Zietlow Miller

Ordinary Mary's Extraordinary Deed by Emily Pearson

The Smile Shop by Satoshi Kitamura

The Goody by Lauren Child

I'm (almost) Always Kind by Anna Milbourne

The Suitcase by Chris Naylor-Ballesteros

Albert Upside Down by Ian Brown

Tomorrow I'll Be Kind by Jessica Hische

365 Days of Kind by Becky Goddard-Hill

Kindness Makes Us Strong by Sophie

I Walk with Vanessa: A Story About a Simple Act of Kindness by Kerascoët

The Nice Book by David Ezra Stein

How Kind! By Mary Murphy

Counting Kindness by Holli Kurman

The World Needs More Purple People by Kristen Bell and Benjamin Hart

Here We Are by Oliver Jeffers

My Heart by Corinna Luyken

What Does It Mean to Be Kind? By Rana DiOrio

Kind by Alison Green

The Little War Cat by Hiba Noor Khan

The Big Umbrella by Amy June Bates

