



SELF-KINDNESS CHALLENGE

Being kind is the best thing you can be. But sometimes we can focus a lot of our energy on doing things for others and forget about being kind to ourselves. Just like a car needs fuel to run, we need to fill ourselves up with kindness in order to be the best we can be. All of that kindness inside you will spill out into the world and help you be kind to other people too.

We have partnered with a very special company to bring you a brand new challenge. The Tur-Shirt Company makes 'Tur-Shirts' for children. What is a Tur-Shirt? It's like a t-shirt but with magical messages to bring love and positivity to anyone who wears it! The secret messages on the Tur-Shirt can only be read when you look at yourself in the mirror. Just like in the real world, it's how we see ourselves and not how others see us that really matters.



DESIGN YOUR OWN TUR-SHIRT!

Your Self-Kindness Challenge is to design your very own Tur-Shirt using the template provided. You can make it as colourful as you wish, but the most important part is the positive message you write to yourself. It must be written as a mirror image, starting with "I am" or "I can" ... or anything you can think of that is kind to yourself.



Read
me in the
mirror



PRIZES

We will choose one winner, who will have their Tur-shirt design made into a real-life one-of-a-kind Tur-shirt for them to wear! The Tur-shirt company will also use the winner's positive words on one of their Tur-shirt products, with the profits being donated to the 52 Lives charity.

We will also choose 2 runners up, who will receive their choice of a Tur-Shirt top or sweatshirt from the current range.

WHO CAN ENTER?

The competition is open to children in the UK in Key Stage 1 and 2. Only one entry per child may be submitted. Entries will be judged by the founder of Tur-Shirt Company, Terri-Anne, and 52 Lives CEO, Jaime. For the full terms and conditions, visit: <https://schoolofkindness.org/turshirtchallenge>

WHAT'S NEXT?

If you're doing this activity for school, please give your completed challenge sheet to your teacher. Otherwise, ask your 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

Deadline for entries: 8th July 2022.



REMEMBER!

If you don't happen to win a prize, just remember... being kind to yourself is the best prize of all, so you're already a winner!



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.
- I confirm if this entry is chosen as the winner, we would be happy to provide a photo of the winning t-shirt, which will be shared on the School of Kindness and Tur-Shirt websites and social media (the child's face does not need to appear in the photo).
- I understand that if this entry is chosen as the winner, the positive words will be used on a Tur-Shirt product, with all profits being donated to the 52 Lives charity.

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.THETURSHIRTCOMPANY.CO.UK

www.schoolofkindness.org

www.kidskindnessclub.org

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



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Remember to write your affirmation/s backwards and
test your design out in the mirror!