

RANDOM ACTS OF KINDNESS WEEK

HALF TERM CHALLENGE

11th-17th February 2024

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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.....



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. You can use our template or make your own. 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 be kind to yourself... we'd like you to write down 5 things that you love about yourself. Maybe you're a good friend, maybe you make people laugh, maybe you're a good listener or fast at running. Whatever it is, write it in the space here and celebrate the wonder that is YOU.

5 things I love about myself

1.
2.
3.
4.
5.

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, save energy by turning things off when we're not using them, or ask your adult if you can walk or cycle instead of using the car.



DAY 5

HELP US TO HELP PEOPLE

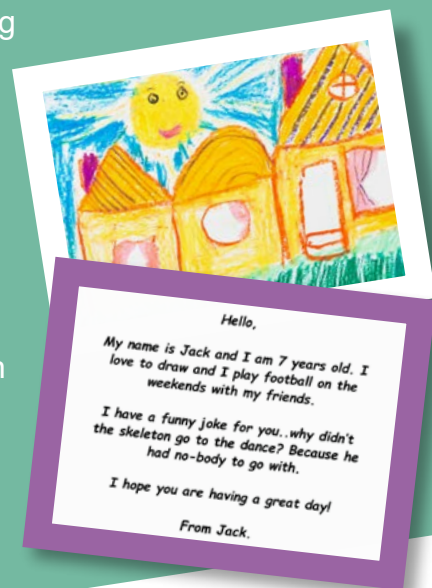


We have been asked to help some elderly people who are living in a care home. Some of them don't get to see people very often and are feeling a bit lonely. They would love to receive some kind letters, cards or drawings. Can you help?

All you need to do is write a letter, make a card or draw a picture and send it to us along with this Challenge Sheet and we will pass them along.

What should you write? Anything kind that would put a smile on their face. You can tell them a bit about yourself, what you like doing or perhaps write some jokes!

(Please just use your first name and don't add any personal details about where you live or what school you go to)



DID YOU KNOW?

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



WHAT'S NEXT?

Deadline for entries:
1st March 2024

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

PRIZES...

The winner will receive:

- A £20 book or toy voucher
- An exclusive School of Kindness 'Kindness Bench' donated by [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
www.kidkindnessclub.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)

52 LIVES
SCHOOL OF KINDNESS



DEAR

THANK YOU SO MUCH FOR...

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FROM

