

EASTER KINDNESS CHALLENGE

HOP TO IT!

Being kind is a great way to help other people, while also helping yourself at the same time. When we're kind, it releases feel-good chemicals in our body that help us feel happier AND even make us live longer. How amazing is that?

This Easter Holidays, we'd love you to help spread some extra kindness. All you have to do is tick off all 15 kind activities and you could win a £20 toy or book token. **Have fun!**

FIRST NAME: _____

AGE: _____

Give a loved one a hug

Write down or draw a picture of 3 things you are grateful for

Do something kind for the planet.
(It could be planting flowers, using the car less, or helping to recycle.)

Be kind to your mind. Write down 3 things you love about yourself

Tell someone a joke to make them laugh

Give someone a compliment.
(You could use the templates provided or make your own.)

Send someone a kind note

Have a screen-free day

Spend some time doing something you love

Help tidy up without being asked to

Ask someone how they are, and really listen to their answer

Tell someone what you like about them

Smile at someone

Make a kind card and make someone's day!
(You could use the egg and flower templates provided or make your own.)

Spend time in nature

WHAT'S NEXT?

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 (don't forget to include the contact details sheet!) If you don't have a printer, feel free to write the challenges on your own piece of paper.

52 Lives – School of Kindness, PO Box 3154 Reading, RG1 9AT
Email: kidskindnessclub@52-lives.org

Deadline: To be included in our prize draw, we must receive your completed sheet and contact details form by **30th April 2024**.

PRIZES...

Three winners will be chosen who will each win a choice of a **£20 toy or book token**.



The challenge is open to children in the UK. Only one entry per person may be submitted. To be in the draw to win one of the prizes, please ensure you complete the details below.

CONTACT DETAILS... (TO BE COMPLETED BY 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.kidskindnessclub.org

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

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COMPLIMENT CARD

TO _____

I think you are _____

FROM _____

COMPLIMENT CARD

TO _____

I think you are _____

FROM _____

COMPLIMENT CARD

TO _____

You are amazing at _____

FROM _____

COMPLIMENT CARD

TO _____

You are amazing at _____

FROM _____

COMPLIMENT CARD

TO _____

I love that you always _____

FROM _____

COMPLIMENT CARD

TO _____

I love that you always _____

FROM _____

COMPLIMENT CARD

TO _____

FROM _____

COMPLIMENT CARD

TO _____

FROM _____

KIND CARD TEMPLATE...

MAKE IT YOUR OWN... COLOUR IT IN, CUT IT OUT AND POP YOUR MESSAGE INSIDE!



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