

Acts of kindness

It is nice to make those around us feel special and this can be done by performing acts of kindness. Yet often we forget to do these as we get caught up in our busy lives. Print out the weekly timetable and acts of kindness cards below. Blank cards have been added to allow children to write their own acts. Add at least 3 kindness cards to the weekly planner. Change these each Sunday for the following week. Continue this for a month.

Mon		Tue	
Wed		Thu	Fri
Sat		Sun	

Is developing a sense of who they are and their connectedness to others.



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Give someone a hug to let them know you care about them

Empty the dishwasher without being asked

Water the plants so they can stay green and healthy

Draw a pretty picture for someone in your household

Smile and wave at 2 neighbours

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