

# HOW TO PRACTICE Kindness

## AT SCHOOL



1. Hold the door open for your teacher or headteacher.
2. Sort out the reading books if they're all jumbled up.
3. Help a friend who's stuck on their classwork.
4. Pick up litter from the school playing field and put it in the bin
5. Share the games equipment you're playing with, even if you had it first

## IN COMMUNITY

1. Sort out your old toys and donate them .
2. Choose an extra item of food to donate to a food bank.
3. Donate money or time to volunteer at your favorite Charity of choice.
4. If you've got long hair, you can donate it to Little Princess Trust, a charity that makes wigs for sick children.
5. Pick up at least three pieces of litter every time you go to the park



## FOR FAMILY

1. Send a letter to your grandma or granddad
2. Clear the table after dinner without being asked.
3. Read your little brother or sister a bedtime story.
4. Feed your pet or clean out their cage
5. Tell your parents how much you love them



## TO SELF

1. Practice gratitude by being thankful for all the things you have in life.
2. Eat healthy, exercise and laugh a lot.
3. Express yourself - like in a diary, a blog, through music or even short stories
4. Forgive yourself and others for things of past. Do not keep grudges.
5. Accept compliments - by graciously thanking others.

