



Completion Chart:- Tick the box once you have completed a kindness act

Start Here!

1 Offer to do an extra weekly Chore at home

2 Surprise a family member with breakfast in bed

3 Call or visit an elderly relative for a chat

4 Clean up a public area in your community

5 Tidy a space in your home, without being asked

6 Plant a tree or flowers to beautify your neighbourhood

7 Write a list of 10 things that make you unique

8 Try some food from a different culture

9 Buy and donate an item to a foodbank

10 Prepare a meal for your family

11 Be responsible for your household's recycling

12 Offer your seat to someone when all seats are taken

13 Help a sibling or friend with their homework or a chore

14 Mow your neighbour's lawn or help with gardening

15 Buy food or a care package for a homeless person

16 Research a culture you don't know much about

17 Do someone a favour without expecting anything in return

18 Create a family tree by talking to your relatives

19 Let someone go ahead of you in line

20 Write a card to someone to say why they are important to you

21 Help someone do, carry or unpack their shopping

22 Write a positive review for a local small business

23 Volunteer a day of your time

24 Make a bird feeder and hang it up to attract wildlife

25 Read at least one book this summer

26 Offer to feed, look after or walk a neighbour's pet

27 Donate an item to a charity shop

28 Write a thank you note to someone who has helped you

29 Take a day to be kind to yourself

30 Water plants for a neighbour or family member

31 Offer to babysit for a family who needs a break

You made it!

Name:

Upload your completed chart to receive your certificate and gift.