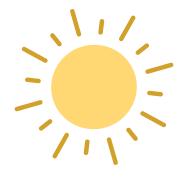


SUMMER OF KINDNESS



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

Start
Here!

Offer to do
an extra
weekly Chore
at home

Surprise a family member with breakfast in bed

Call or visit an elderly relative for a chat

Clean up a public area in your community

Tidy a space in your home, without being asked

Plant a tree or flowers to beautify your neighbourhood

Write a list of
10 things that
make you
unique

Try some
food from a
different
culture

Buy and donate an item to a foodbank

Prepare a meal for your family

Be responsible for your household's recycling

Offer your seat
to someone
when all seats
are taken

Help a sibling or friend with their homework or a chore

Mow your neighbour's lawn or help with gardening

Buy food or a care package for a homeless person

Research a culture you don't know much about

Do someone a favour without expecting anything in return

Create a family tree by talking to your relatives

Let someone go ahead of you in line

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

Help someone do, carry or unpack their shopping

Write a
positive review
for a local
small business

Volunteer a day of your time

23

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

Donate an item to a charity shop

Write a thank
you note to
someone who
has helped you

Take a day to be kind to yourself

30
Water plants for a neighbour or family member

Offer to babysit for a family who needs a break

You made it!

Name:

Upload your completed chart to receive your certificate and gift.