RANDOM ACTS OF KINDNESS WEEK PRINTABLE CHALLENGE CARDS

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Random Acts of Kindness Week printable challenge cards

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I hope you and your children enjoy these Random Acts of Kindness Week printable challenge cards

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Help Set the Table:
Help arrange plates and spoons with an adult's permission.


Tidy Your Toys:
Put away your toys after playing.


Make a Happy Drawing:
Create a cheerful picture for someone in your family.


Offer to Help:
Ask a family member if they need help with a small task.



Give Someone a Compliment:

Tell someone something kind about them.



Share a Smile:

Give a friendly smile to someone who might need cheering up.



Say Thank You:

Thank someone who helped you today.



Make Someone Feel Welcome:

Invite someone to join your game or activity.

Help a Classmate:

Offer help when a classmate is struggling with an activity.

Share Classroom Supplies:

Offer to share crayons or pencils when appropriate.

Invite Someone to Play:

Ask someone who is alone if they would like to join your game.

Keep Our Classroom Clean:

Pick up your own rubbish and put it in the correct bin.

Be Gentle:

Use gentle hands when interacting with a familiar animal, with its owner's permission.

Give Animals Space:

Watch animals quietly without chasing or frightening them.

Keep Their Home Clean:

Help an adult pick up litter in a safe outdoor area.

Learn About an Animal:

Read a book or learn one interesting fact about an animal.


Thank a Community Helper:
Say thank you to a teacher, cleaner, delivery worker, or another community helper.


Help Keep a Place Clean:
Pick up your own litter and use a rubbish bin.


Make a Kindness Poster:
Draw a cheerful message to encourage kindness.
Be Kind


Welcome a New Neighbour:
With your family's help, offer a friendly greeting to someone new.


Say "You Can Do It!"
Encourage someone who is trying something difficult.


Give a Thank-You Message:
Tell someone why you appreciate their help.


Say Something Friendly:
Start a conversation using kind and welcoming words.


Celebrate Someone's Effort:
Tell a friend that you noticed how hard they tried.



Name Three Things You Appreciate:

Think of three things that make you happy.



Thank a Helpful Person:

Tell someone how their help made your day better.



Appreciate Nature:

Notice something beautiful outside and share what you like about it.



Remember a Kind Moment:

Draw or describe one kind thing someone did for you.

Draw a Kindness Picture:

Draw a picture to make someone smile.

Create a Thank-You Card:

Make a simple thank-you card for someone who helped you.

Make a Paper Flower:

Create a paper flower and give it to someone special.

Design a Kindness Bookmark:

Make a bookmark with a friendly message for someone who enjoys reading.


Play a Team Game:
Invite others to join a fun group activity.


Listen Carefully:
Give a friend your attention when they are speaking.


Take Turns:
Let everyone have a fair chance during a game.


Help a Friend Feel Better:
Offer kind words when someone feels sad or disappointed.

Save Water:

Turn off the tap while brushing your teeth.

Care for a Plant:

Help water a plant with an adult's permission.

Reuse Something:

Find a safe item you can use again instead of throwing it away.

Switch Off Lights:

Remember to switch off lights when leaving an empty room, with adult guidance.