

Let's strengthen
our kindness muscles.



Daily Kindness Acts



Make a card for someone.	
Give someone a compliment.	
Send a thoughtful email to someone you miss.	
Tell someone three things you love about them.	
Drink lots of water. It's much easier to be kind when you feel healthy and energetic.	
Write and send a letter to someone.	
Tell someone how much you love them.	
Draw a picture for a someone. If you can't give it to them, send it to them or send a photo of it!	
Tell a joke or do something that makes you and others laugh!	
Recycle! Can you create something new with it?	
Say good morning and goodnight to everyone in your household.	
Hide little messages around the house for others to find.	
Offer to help a family member with something.	
Practice self-kindness by doing something you enjoy.	
Share something you love with someone at home.	
Remember to say please and thank you.	
Smile at everybody.	
Teach someone something new.	
Feed the birds.	
Tidy your bedroom without being asked.	
Write a list of things you are grateful for.	
Pick up some litter.	
Complain less (or not at all)!	
Make a positivity poster.	
Do something that is kind to our planet.	
Phone somebody you haven't spoken to for a while.	
Read to someone.	