



30 Acts of Kindness



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| Do what matters most | Notice how you speak to others- be kind and polite to everyone | Keep your classroom environment clean and tidy | Smile and say hello to the staff that you see today | Go straight to your classroom on time. | Focus on the positives today- what made you smile? | Spend an hour with your loved one without any distractions | Pause and reflect on your actions |
| Be yourself always | Listen to someone and offer your support | Focus on being kind rather than being right today | Be creative! Cook, draw, write, make, paint or inspire! | Let your own thoughts wonder. How kind are you to yourself? | Take a break and do something you enjoy with any distractions. | Go for a walk and think about what you are thankful for. | Think about your skills and qualities. What makes you unique? |
| Show you care | Say something positive to a teacher you want to thank | Call or message someone you haven't spoken to for a while | Compliment a classmate or teacher. | Count how many people you can smile at today. | Offer to help someone to make their job a little easier. | Make a cup of tea or pour a glass of water for someone at home. | Share some food with a sibling /friend or neighbour |
| Succeed together | Complete tasks/ homework with a friend | Hold the door for others when you can | Wipe down your desk and tidy your things away neatly. | Aim to get as many merits as you can. | Plan a new activity or idea to try out with friends or family. | Learn a new skill with a family member or friend. | With your family- donate something to charity. |
| | Learn something new and share it with friends | Think about how you can continue these actions next month. | <i>People will forget what you said, people will forget what you did, but people will never forget how you made them feel.</i> <i>Maya Angelou</i> | | | | |

These positive actions go beyond the month of Ramadhan! How will you continue them?