



30 Acts of Kindness



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> Maya Angelou				

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