

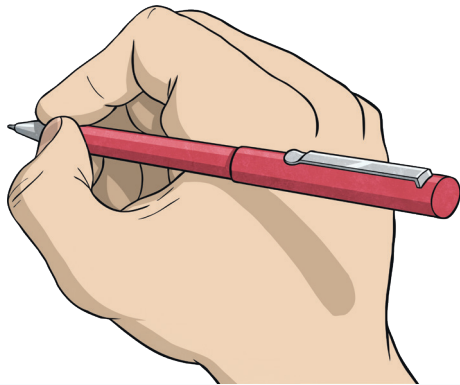
Socially Distant Random Acts of Kindness Challenge Cards



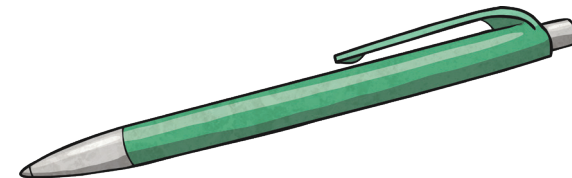
Find a recipe and follow it to
bake a cake or make a snack.
Share it with the people that you
live with.



Create an acrostic poem about
someone in your family using
their first name.



Write a thank you note or letter
for someone who helps you and
your family. For example, the
people who deliver your shopping
or collect household waste.

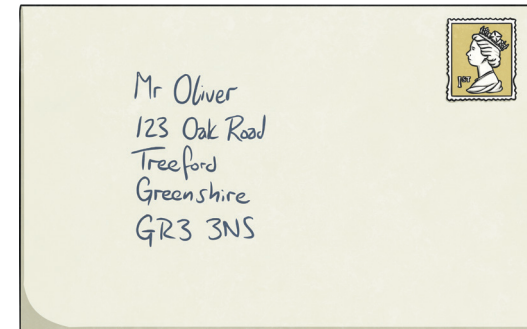


Create your own inspirational quote and use it in a poster.



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Write a letter to a friend or family member that you do not live with.



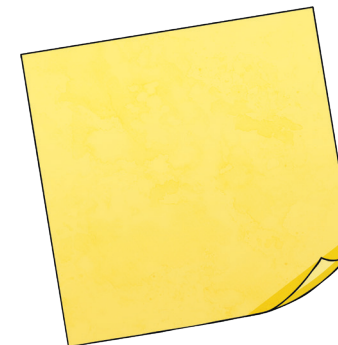
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Give someone a compliment.



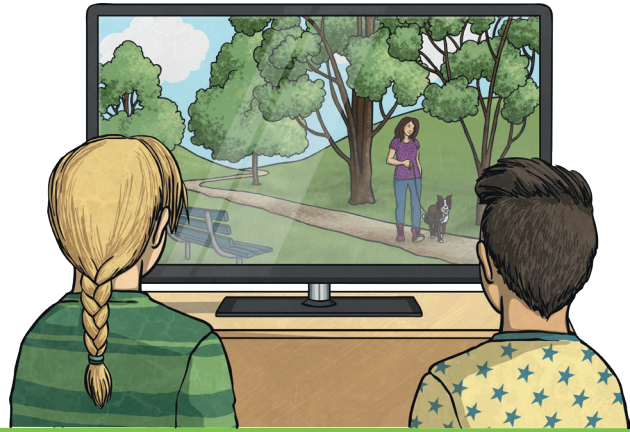
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Leave positive Post-it notes around the house to make people smile when they find them.



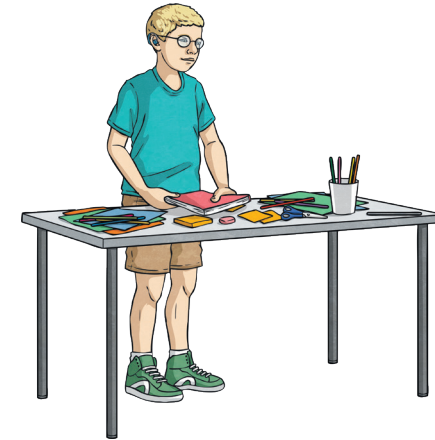
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Organise a movie night for yourself and your family.



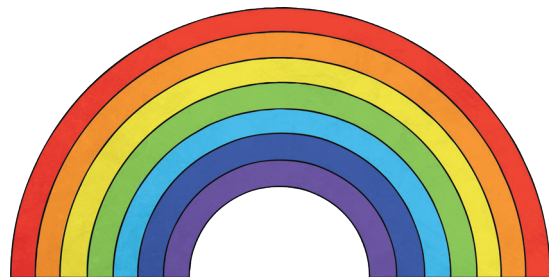
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Offer to help tidy an area of your house or garden, if you have one.



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Create a rainbow to display in your window for people walking past to see. You could add a positive quote to your artwork.



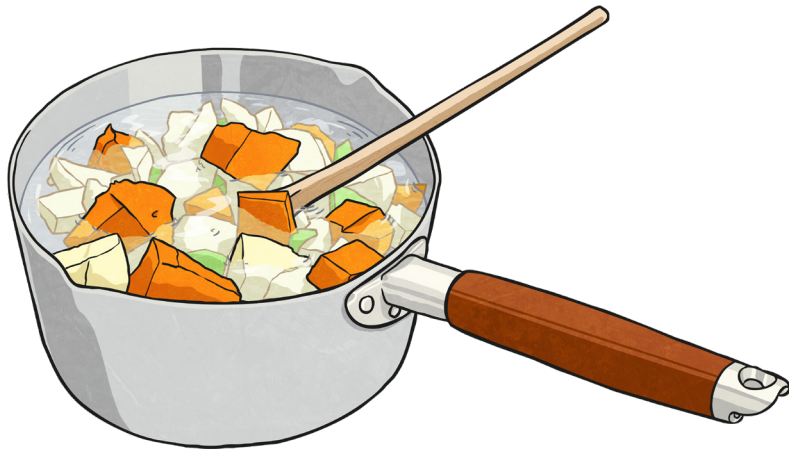
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Phone or video call a family member for a chat.



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Offer to help with preparing a meal.



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Help to clear and wash the dishes after dinner.



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Write a letter to an adult in your school and save it for when you see them.



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