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| **Activity Name** | Acts of kindness |
| **Curricular Area** | HWB |
| **Age Range** | P1-7 |
| **Resources Required** | Pencil and paper |
| **Time Required** | 15 minutes |
| **Number of people**  **Required** | Individual |
| **Instructions** | 1. Make a list of seven kind things you can do forsomeone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or peopleyou don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). 2. Each day, do one of the seven kind things from your list. |

[](https://www.google.co.uk/url?sa=i&url=https%3A%2F%2Fwww.success.com%2Fthe-exponential-impact-of-random-acts-of-kindness%2F&psig=AOvVaw058TfKylbjNLxv04lf3OfG&ust=1591862850634000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMjX0bnl9ukCFQAAAAAdAAAAABAD)