

<p>Smile at someone to cheer them up!</p> 	<p>Write a note or draw a picture to thank the NHS - post online or put in your window</p> 	<p>Write a nice email to your teacher</p> 	<p>Give someone in your house a high five or a virtual high five</p> 
<p>Ask someone how their day is going.</p>	<p>Draw a thank you picture for the bin collectors and put it in your window.</p>	<p>Ask your parent/carer to buy a small bunch of flowers for an elderly neighbour.</p>	<p>Write a note or draw a picture to thank the supermarket workers and put it in your window or post online.</p>
<p>Offer to help someone who is struggling with something.</p>	<p>Compliment someone</p>	<p>Create your own kindness act</p>	<p>Volunteer to do a chore which isn't yours.</p>
<p>Draw or write about your top 3 qualities. Email this to Mrs Bloomfield.</p>	<p>Write an acrostic poem about someone you admire.</p>	<p>Tell someone (or write a note) the reason you are proud of them.</p>	<p>Ask someone you live with to <u>choose</u> what they would like to watch on the television.</p>



Kindness Connect 4



Instructions:

Each day colour in each box after you've completed the task and let me know on your blog what your acts of kindness have been. You can work towards a bingo by completing 4 tasks in a row (horizontally, vertically or diagonally).