

Smile at someone to cheer them up

Write a note or draw a picture to thank the NHS - post online or put on your window

Write a nice note to your teacher

Give someone in your home a high five or give a virtual high five

Ask someone how their day is going

Draw a thank you picture for the bin collectors and put it on your window

Write a note or draw a picture to thank supermarket workers and put it on your window or post online

Draw or write about three things you are grateful for

Offer to help someone who is struggling with something

Compliment someone

Create your own kindness act

Volunteer to do a chore that isn't yours

Draw or write about your top 3 qualities

Write an acrostic poem about someone you admire

Tell someone a reason why you are proud of them

Ask someone you live with choose what they would like to watch on tv.