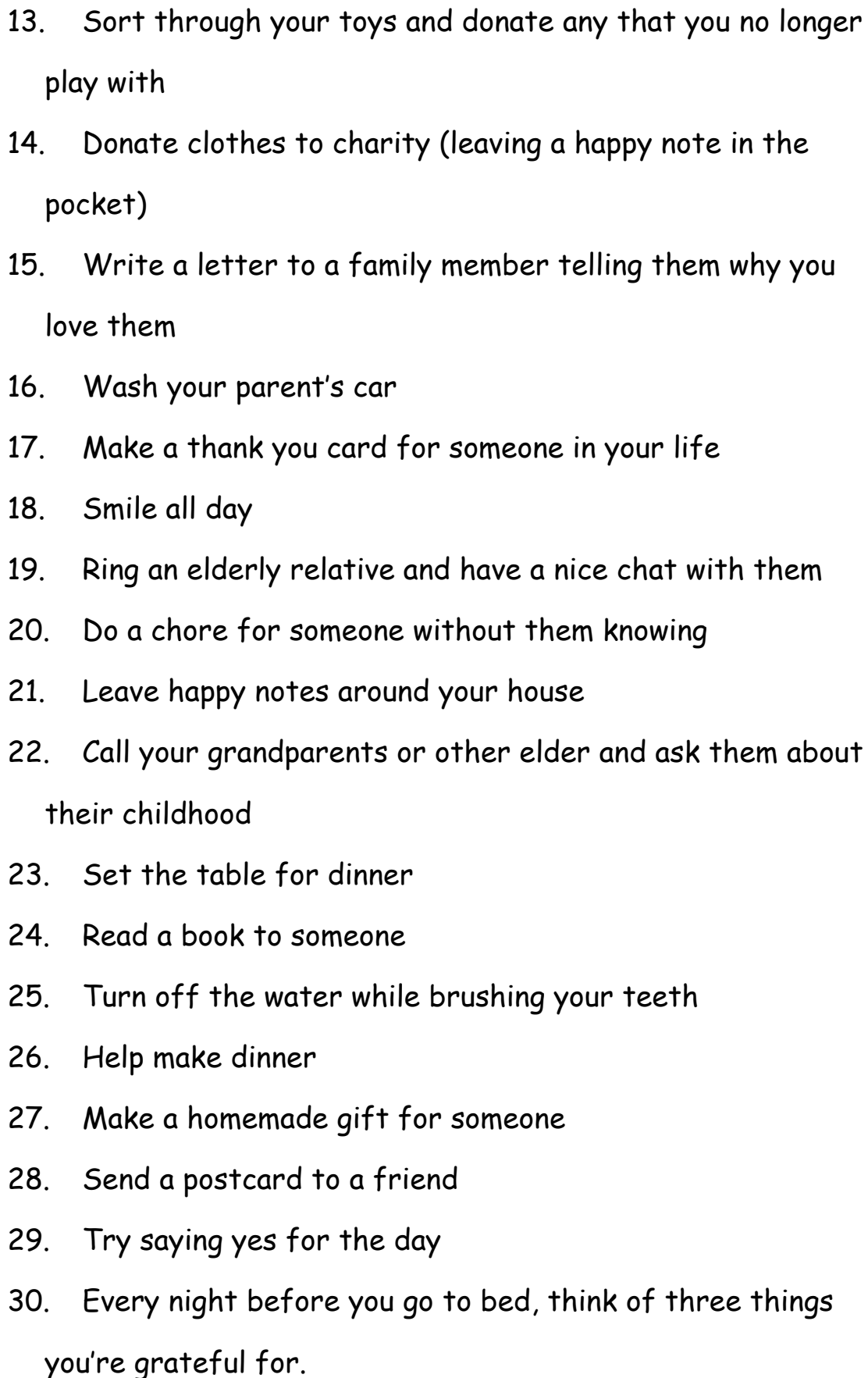

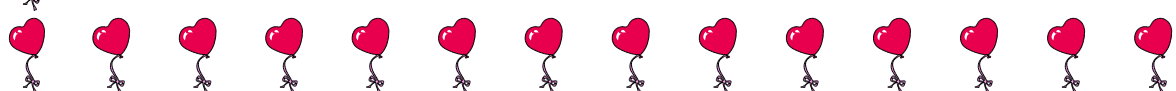




## Primary 3 Acts of Kindness

1. Say thanks—just thanks—to your parents, for no particular reason.
2. Tell a joke to a family member.
3. Clear your own dishes. Then surprise your parents and clear theirs, too.
4. Next time you want to go first at something, let someone else go first instead.
5. Make someone's bed one morning. Turn it down that night.
6. Pitch in: Take out the rubbish after a family dinner. Do it without complaining.
7. Collect food and canned goods from your home and donate to your local food bank.
8. Don't shout today
9. Write a thank you note for the bin collectors and post person
10. Be kind to a classmate you don't really know that well - send them a lovely email through GLOW.
11. Clean your room—without being asked to.
12. Deliver a compliment a day—and mean it. Deliver two if you see it makes friends and family happy.

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13. Sort through your toys and donate any that you no longer play with
  14. Donate clothes to charity (leaving a happy note in the pocket)
  15. Write a letter to a family member telling them why you love them
  16. Wash your parent's car
  17. Make a thank you card for someone in your life
  18. Smile all day
  19. Ring an elderly relative and have a nice chat with them
  20. Do a chore for someone without them knowing
  21. Leave happy notes around your house
  22. Call your grandparents or other elder and ask them about their childhood
  23. Set the table for dinner
  24. Read a book to someone
  25. Turn off the water while brushing your teeth
  26. Help make dinner
  27. Make a homemade gift for someone
  28. Send a postcard to a friend
  29. Try saying yes for the day
  30. Every night before you go to bed, think of three things you're grateful for.