



Random Acts of Kindness

Tidy up after someone

Introduce yourself to someone alone in the playground

Invite someone to play with you

Leave a positive comment under a post

Like or share a positive post with your friends

Give a classmate a high five

Thank your teacher at the end of a lesson

Greet your teacher with a smile

Send a nice message to a family member

Thank the lunchtime staff

Write a card for someone special

Compliment a friend

Ask an adult if they need any help

Help someone with their work in class

Sit with someone new at lunch

Hold a door open for someone

Send a positive message to a friend

Talk at the dinner table (no devices)

Ask someone how they are doing

Do chores at home

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Random Acts of Kindness Follow-up



What Random Act of Kindness did you pick?

Who did you do it with/to?

How did you feel after doing this act of kindness?

What other random acts of kindness are you planning to do this week?



Random Acts of Kindness Follow-up

What Random Act of Kindness did you pick?

How did you feel after doing this act of Kindness?

Who did you do it with/to?

What other random acts of kindness are you planning to do this week?



Random Acts of Kindness Follow-up

What Random Act of Kindness did you pick?

How did you feel after doing this act of Kindness?

Who did you do it with/to?

What other random acts of kindness are you planning to do this week?