

Easter Kindness Challenge- Hop to it!

Being kind is a great way to help other people, while also helping yourself at the same time. When we're kind, it releases feel-good chemicals in our body that help us feel happier AND even make us live longer. How amazing is that? This Easter Holidays, we'd love you to help spread some extra kindness- it is part of our school motto after all! All you have to do is tick off all 15 kind activities and return your entries no later than Friday 24th April to Mrs Robinson. The most impressive entries will be part of a special initiative in school where we will be looking closely at kindness at Broadway. Good luck and happy holidays!

Name: _____



Class: _____

Give a loved one a hug.	Write down or draw a picture of 3 things you are grateful for	Do something kind for the planet. (It could be planting flowers, using the car less, or helping to recycle.)
Be kind to your mind. Write down 3 things you love about yourself.	Tell someone a joke to make them laugh.	Give someone a compliment. (You could use the templates provided or make your own.)
Send someone a kind note.	Have a screen-free day.	Spend some time doing something you love.
Help tidy up without being asked to.	Ask someone how they are, and really listen to their answer.	Tell someone what you like about them.
Smile at someone.	Make a kind card and make someone's day!	Spend time in nature.

