











# Kindness Challenge

Can you do 2 things from each of 3 rows over 5 days...6 kindnesses altogether?

<p><b>Be kind to yourself...</b></p>	<p>Make sure you do something every day which makes you feel happy and positive.</p> 	<p>How many of these can you do before breakfast- Smile to someone? Pay someone a compliment? Help someone? High 5 someone?</p>	<p>Draw or write about 3 things you are grateful for.</p> 	<p>While you relax have some fun up levelling your drawing skills by watching - <a href="http://www.33drawingtricks.com">www.33drawingtricks for kids</a></p> 	<p>Listen to music you enjoy.</p> 
<p><b>your family...</b></p>	<p>Do a household chore for someone else in the family - without being asked!</p> 	<p>Enjoy being together as a family...watching a favourite film, and then talking about it.</p> 	<p>Make your heart race by doing something active with someone from your family.</p> 	<p>Teach someone else in your family how to draw something new (remember to practise first yourself!) <a href="http://www.33drawingtricks.com">www.33drawingtricks for kids</a></p>	<p>Help cook a meal.</p> 
<p><b>and to others.</b></p>	<p>Get in touch with someone you don't see every day and find out how they are.</p> 	<p>If you have chalks you could do some pavement art to cheer up any passers-by...you could write a message, invent an obstacle course, draw a picture....</p>	<p>Draw or write a thank you for the bin collectors and put it in the window.</p>	<p>Maybe I'm amazed by.....? We all see things differently... what have you seen which you think is amazing? Take a photo to remind yourself. Go on, be kind, can you share it with others on Twitter?</p> 	<p>Go outside at 8pm on Thursday evening and join in Clap for Carers. (Check with an adult first.)</p>