

7-Day Kindness Challenge

Challenge yourself to become a kinder human during anti-bullying week. Can you complete a kind act each day?

- Complete a kindness challenge each day. How did it make you feel?
- There are also some small steps that make a big difference. Try to do all of these every day!
- Take a look at a daily kindness question. These will help you talk with family and friends about how important it is to be a kind human.

Monday

Help someone tidy up or clean.

Smile more.

What is the kindest thing someone has ever done for you?

Tuesday

Give someone a compliment.

Use kind words.

How do you feel when you do something kind?

Wednesday

Write a thank you note to someone.

Always say 'please' and 'thank you'.

How can you encourage others to be kind?

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**ONE
KIND
WORD**

#ANTIBULLYINGWEEK

Thursday

Hold the door open for someone else.

Show someone you are listening by looking at them.

What would it be like if everyone did one kind thing each day?

Friday

Offer to play with someone who is on their own.

Put things back where they belong.

Why is it important to be kind to yourself and others?

Saturday

Help pick up litter and put it in the bin.

Volunteer to help out.

What brightens your day?

Sunday

Tell a joke to make someone laugh.

Offer hugs to cheer people up.

Name a kind act you could try to do every day.

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- [CPD anti-bullying online training courses](#)
- Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today