

## Activity sheet

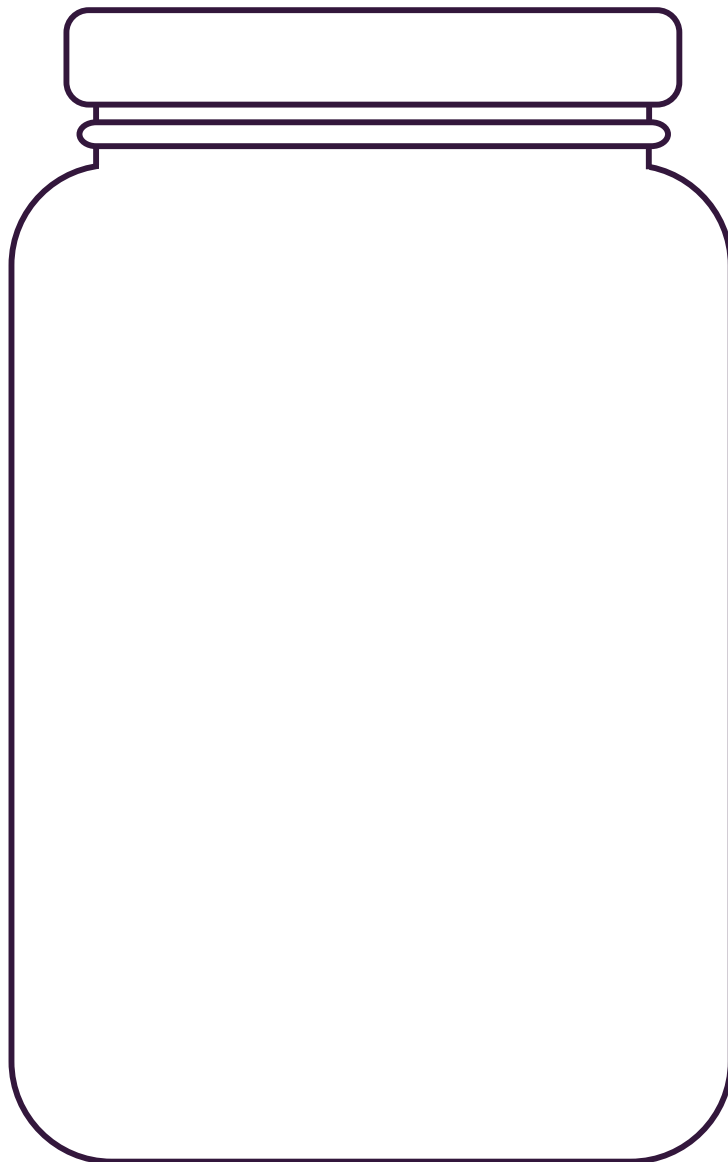
### Create a kindness jar

**“We are not kind to be noticed. We are kind because it’s the right thing to do. It feels good to help others.”**

Marcus Rashford

Simple acts of kindness can make a huge difference to a person’s day. Receiving kindness is a wonderful thing and giving kindness can also create feel-good emotions in the sender. Fill this jar with some simple acts of kindness to demonstrate to your friends and family.

You may wish to write them down or draw pictures depicting your chosen acts. Have fun spreading kindness!



## Activity sheet

# Create a kindness jar

Here are some ideas to get you started:

**Pay someone a compliment.**

**Offer to help someone you see struggling.**

**Talk to someone who looks lonely.**

**Bake some goodies and share them with your friends.**

**Write a letter to someone telling them how awesome they are.**

**Notice something a friend does well and tell them.**

**Leave a kind note for a friend or family member to find.**

**Tell someone a joke and make them smile and laugh.**

**Make someone a gift.**

**Leave a thank you note for someone.**

**Play with someone at playtime who is without friends.**

**Donate your old books or toys to someone who will love them.**