


## ACTS OF KINDNESS

CHOOSE 3 ACTS OF KINDNESS TO DO TODAY

Do a chore without being asked



Write a little note to someone to say 'thank you'

Read a story to a family member

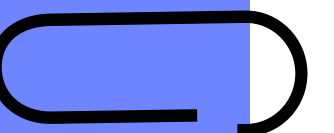


Play a game with a family member

Give someone a compliment



Ask someone "How can I help you?"



Make a 'thank you' poster for key workers and put it in your window

Write a poem for someone



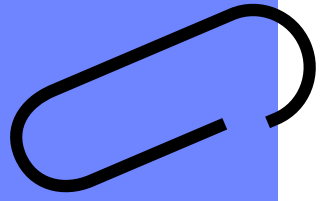
Play your favourite song and dance with your family



Give someone a hug



Lead your family in a Brain Break



Donate to a food bank