Small Acts of Kindness

Small Acts. Caring Hearts. Stronger Communities.

Kindness can be simple. Choose any ideas that feel right for you.

Colour a heart, tick a box or add your own idea. There is no deadline.

My Kindness Ideas

- ☐ **Offer a friendly** hello — My way, my choice
- ☐ **Thank someone** for helping — My way, my choice
- ☐ **Share a kind** message — My way, my choice
- ☐ **Listen when** someone speaks — My way, my choice
- ☐ **Invite someone** to join in — My way, my choice
- ☐ **Help with a** small task — My way, my choice
- ☐ **Notice something** positive — My way, my choice
- ☐ **Give someone** encouragement — My way, my choice
- ☐ **Make a card** for someone — My way, my choice
- ☐ **Show patience** and respect — My way, my choice
- ☐ **Care for a** shared space — My way, my choice
- ☐ **Do something** kind for yourself — My way, my choice

Every act of kindness counts - including kindness towards yourself.

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My Kindness Reflections

Write, draw, use symbols or talk about your ideas.

One kind thing I did or would like to try:

How did it feel, or how might it make someone feel?

My own kindness idea:

Kindness can look like helping, listening, including or simply being present.

You can join in your own way. You do not need to share your answers.

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