



kindness

Challenge 2018

with

NEW FOREST



Our friends at **Kent Children's University** have kindly allowed us to share their Kindness Challenge 2018 (For more information about Kent Children's University please visit www.kentchildrensuniversity.co.uk or email kcu@theeducationpeople.org)

The idea is to spread kindness across The New Forest and Hampshire so please share these ideas with your children, family, friends and colleagues.

You can share the ideas in person or online but remember to use the hashtags:

#ProudToBeKind #iwill #WorldKindnessDay #artsandkindness

and tag us in so we can see, share and celebrate your kindness. You can tag us in the following ways:

www.twitter.com/cu_forest [www.facebook.com/New ForestChildrensUniversity](https://www.facebook.com/NewForestChildrensUniversity)

You can take evidence into your CU school or email evidence to us to receive the Learning Credits. **More information about how to do this will be advertised later in November on Facebook and our website.**



Don't forget, **#WorldKindnessDay** is on the 13th November so we would love for you to share photographs or videos of things you have been doing in November to promote kindness!

- [People United](#)
- [The #iwill campaign](#)

For more information about The New Forest Children's University please visit www.newforestcu.co.uk or email newforestcu@gmail.com



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Challenge Record Sheet

Completed

Make an Acts of Kindness calendar for December

Fundraise for Children in Need*

Read and review a book about kindness

Donate pre-loved items to a charity shop

Create your own [#ProudToBeKind](#) pebbles

Record an "I am proud to be kind because..." film

Make your own Kindness Awards

Create and collect Kindness Pledges

Visit an elderly member of the community

Design a [#ProudToBeKind](#) poster