

30 Days of LoveLeigh Kindness for Children

#kindnessisasuperpower #loveleigh #followtheredballoon

- Give someone a hug
- Ask your friends or a teacher if they are ok and let them know that they are not alone
- Help someone new at school, or someone who needs you
- Put a kind note in someone's bag or locker
- Do something at home that will make your family smile!
- Share something that you love with someone else today
- Leave a small gift or a card for a stranger to find
- Write something lovely on a post-it note and leave in somewhere in the school or at home
- Say something kind to someone... how did it make you feel
- Say 'hello, how are you?' to people you pass today
- List 5 things that make you happy
- Draw a picture and a message for someone to brighten their day
- Encourage your friends and family to do something kind today
- Let someone know that you love them
- Share a snack with someone and have a chat about things that make you both happy
- Think about something that makes you smile and then pass that smile onto someone else
- Take a snack or a little gift to an elderly neighbour and let them know you care
- Say thank you to someone who has done something nice or kind
- Help younger pupils get to their class or around school
- Close your eyes, take a deep breath and think of 2 things that you care about
- Send someone a LoveLeigh card, your message could really help them
- Get someone to take a picture of you carrying out your act of kindness and send it with a kind message to someone who may need to see it
- Do something kind for an animal or nature - they need kindness too
- Make someone laugh 3 times (or more) today
- Surprise a teacher by leaving them a lovely note
- Tell someone how much you appreciate them
- Take a picture with a pet or a friend or family member and say why you love them
- Be kind to yourself and do something nice for yourself today
- Pick up a piece of litter and put it in the bin, even if it is not yours
- Say 'hi' to every teacher you see today

