



# CHOOSE KINDNESS



## KINDNESS AT HOME

- DO A JOB WITHOUT BEING ASKED
- PUT YOUR STUFF AWAY
- HELP A NEIGHBOR OR FRIEND WITH SOMETHING
- CLEAN YOUR PARENT'S CAR
- SHARE YOUR STUFF OR TREATS WITH SOMEONE
- MAKE YOUR PARENTS BREAKFAST OR LUNCH
- TAKE OUT THE RUBBISH/TRASH
- MAKE YOUR BED
- HELP YOUR PARENTS COOK DINNER
- HELP HANG THE LAUNDRY AND TAKE IT DOWN
- ASK BEFORE YOU USE SOMEONE'S STUFF
- RUN A BATH FOR YOUR MUM/MOM OR DAD
- PLAY WITH YOUR BROTHER OR SISTER

## KINDNESS AT SCHOOL

- GIVE SOMEONE A COMPLIMENT
- GIVE A FRIEND A HUG
- INCLUDE PEOPLE IN YOUR GAME
- PUT A NICE NOTE ON SOMEONE'S DESK
- HELP YOUR TEACHER
- GIVE SOMEONE A TURN
- USE YOUR MANNERS
- HELP TIDY YOUR CLASSROOM
- MAKE YOUR TEACHER A THANK YOU CARD
- TALK TO SOMEONE WHO LOOKS LONELY
- TAKE CLOTHES LEFT IN THE YARD TO LOST PROPERTY
- SAY THANK YOU TO PEOPLE WHO ARE KIND TO YOU
- PUT FLOWERS OR KIND NOTES ON CARS IN THE CARPARK

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