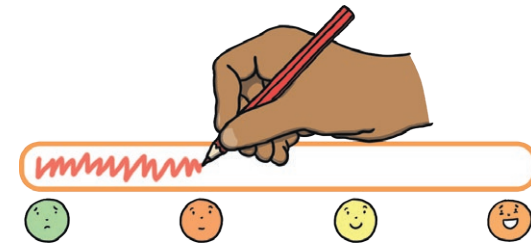


# Random Acts of Kindness Challenge Cards



Kindness brings huge benefits for everyone! You make someone feel good, you feel good as a result of your actions and those who see what you are doing are inspired to act kindly themselves! How many of these challenges can you complete? For each challenge you complete, colour in the happiness bar to match how performing the act made you feel.



Make a cake or some biscuits to sell at a cake sale and give the money to charity.



Pick up some litter! Just a piece or focus on an area where litter has got out of control. Perhaps get some help from friends, family or neighbours.



Take something you no longer use to a charity shop. Try to find something good that you have liked a lot that the shop will be able to sell.



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Say good morning or good afternoon, with a smile, to as many people as you can.



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Write a letter to someone you care about. Tell them you miss them and look forward to seeing them soon. Enclose a lovely photo or a drawing.



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Think of a testing challenge and ask people to sponsor you to raise money for a charity that means something to you.



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Make some cakes or deliver fruit or flowers to a neighbour.



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Make someone in your family a drink or snack without being asked.



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Think of something nice to say to each of your family members and friends.



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Make a card for a friend telling them something you like about them.



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Spend some of your pocket money on daffodils or a plant bulb and take it to a hospital or a care home.



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Write a letter to someone you care about. Tell them you miss them and look forward to seeing them soon. Enclose a lovely photo or a drawing.



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Let someone go ahead of you in the queue.



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Make a tasty treat or thank you card to give to the post person or refuse collectors.



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Tape some change to a vending machine and write a label that says 'FREE CRISPS!'



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Put your pocket money or some money you were given for your birthday straight into a charity box.



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Give someone a book you like that you think they would too.



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When you meet your friends, take them a small gift and tell them their friendship makes you happy.



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Give someone a hug!



Send someone a message to say good morning or goodnight.



Sponsor someone who is raising money for charity.



Support everyone at a sporting event by shouting encouragement.



Return a lost shopping trolley to its home.



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Put a note or a drawing in someone's bag so they find it and smile.



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Set up a treasure hunt for a family in your neighbourhood. Post the first clue through their letter box.



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Say 'Yes!' to as many things as you can in one day.



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Ask, "How can I help?"



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Make and carry 'Thank you for making my day' cards and give them out to anyone who shows you kindness.



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If someone helps you or gives you good service, write to their company to explain how much you appreciated their efforts.



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Ask someone to tell you all about something they are interested in.



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Say thank you to someone doing their job - a bus driver, a post person, a shopkeeper or your parents.



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Find a way to help younger children - show them how to do something or read them a story.



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My own idea for an Act of Random Kindness.



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My own idea for an Act of Random Kindness.



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