

Join the KINDNESS REVOLUTION and change the world!

I will try to complete ___ tasks in ___ day(s)/week(s)/month(s)

- Write a letter to someone
- Lend or recommend your favourite book to someone
- Cheer a friend on when they do something hard
- Congratulate a friend on a success (even if you're jealous)
- Send a thank you note
- Forgive someone something (in your head)
- Compliment someone to their face
- Send someone a secret compliment note
- Say something nice about someone when they're not there to hear it.
- Pay attention to how other people's lives are different to yours
- Find out something new about a friend's life
- Ask a grown up about their day
- Learn something new about a grown up you know well
- Ask someone to share their feelings
- Ask an elderly relative or friend about their past
- Ask an elderly relative or friend to show you how to do something
- Ask an elderly relative or friend for advice
- Play with or chat to someone you've not hung out with for a while.
- Play with or chat to someone you've never hung out with before.
- Play a friend/sibling's choice of game, even if you don't really feel like it.
- Make someone laugh
- Make someone smile
- Smile at everyone you see for a day without expecting smiles back.
- Do one thing you wouldn't normally do to help at home.
- Help a younger student or friend with their work
- Tell someone you're grateful for them
- Tell someone honestly the thing you like best about them.
- Go on a litter pick
- Sort your recycling at home
- Read to someone
- Stand up for someone who can't defend themselves
- Listen carefully to the opinion of someone you don't agree with
- Learn about your privilege
- Ask for help when you need it
- Leave a nice note or picture in a library book
- Learn to say hello in a different language
- Congratulate yourself for changing the world and making it better.

