

SATURDAY

#BEKIND



The smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile! There are bigger acts of kindness such as volunteering or going shopping for someone who needs your help. Being kind helps us connect with other people, makes them feel good, and helps our own mental health and wellbeing too!

THREE SUPER SATURDAY IDEAS TO #BEKIND



1.

Find the Kind

See if you can spot kindness in books, movies or on TV. How many people can you see being kind in stories?

2.

Kindness Notes

Using water, write kind messages on the ground in the park, or outside your house. Watch and see if it makes anyone passing by smile!

3.

Cup of Kindness

Draw a cup on a piece of paper, write down or draw all the kind things you do, see if you can fill the space in the cup!

