

SATURDAY 12 SEPTEMBER 2026

#BEKIND



The smallest act of kindness can make a huge difference. It could be a kind word, a thank you or even a small 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, physical health, social health and wellbeing too!

1. BUILD A PLAY WORLD

Use cushions, boxes, blankets or toys to build your own play world — maybe it's a jungle, a castle, or a spaceship! Invite someone to play in your world and decide together what kind of things you'll do there. This activity supports the UNCRC Article 31 – a right to play and use imagination. It encourages creative play, cooperation and kindness through storytelling.



2. PLAY DETECTIVE MISSION

Become a "Play Detective" for the day. Your mission: spot moments of kindness in play — someone sharing, helping, or including others. Write or draw what you find in a notebook and share your discoveries at home or school. This activity supports our My Health, My Rights Charter – a right to be me. It promotes observation, reflection and celebration of kind behaviours.



3. DESIGN A KINDNESS GAME

Invent a game where kindness is the goal — maybe players earn points for compliments, helping others, or working as a team. Write the rules, test it with friends, and tweak it to make sure everyone feels included. This activity supports the EACH Charter Article 7 – a right to play, recreation and education. It fosters leadership, creativity and values-based play.

