

## Back to school kindness challenges

8 Let someone go in front of you	9 Let someone know you're grateful for them	10 Say thank you to someone who does something kind for you	11 Play with someone new today	12 Hold the door for someone
15 Help a friend who needs it	16 Tell someone a joke to cheer them up	17 Tell someone something you admire about them	18 Ask your teacher about how you can help in the classroom	19 Ask someone how they are and actually listen to their response
22 Tidy or clean up without having to be asked	23 Say sorry to someone who you may need to say sorry to	24 Give someone you love a hug	25 Write a note to someone telling them your favourite thing about them	26 Say thank you to someone in school for everything they do for you
29 Offer someone the chance to join in your game.	30 Draw a picture to make someone smile	31 Make a list of 10 things you're grateful for	1 Give someone a compliment (someone you might not normally)	