

## Springtime kindness challenges

<b>19</b> Share some good news with someone today!	<b>20</b> Draw a picture for someone you love.	<b>21</b> Remember to say please and thank you.	<b>22</b> Offer to help your teacher with a job.	<b>23</b> Compliment a friend.
<b>26</b> Tidy something without being asked.	<b>27</b> Make a list of 5 people you are grateful for.	<b>28</b> Draw a picture of something that makes you smile.	<b>29</b> Give up some time today to someone who might need your help.	<b>30</b> Draw a picture to make someone smile
<b>3</b> Offer to help someone with something.	<b>4</b> Remember to tell your friends you love them.	<b>5</b> Leave someone a note to make them smile	<b>6</b> Write a note to someone telling them your favourite thing about them	<b>7</b> Bring a friend something they need.
<b>10</b> Offer someone the chance to join in your game.	<b>11</b> Let someone go in front of you.	<b>12</b> Make a list of 5 things that made you smile today.	<b>13</b> Ask someone how their day is going.	<b>14</b> Tell someone a joke to cheer them up
<b>17</b> Make a list of 3 things you like about someone and tell them.	<b>18</b> Talk to someone new today.	<b>19</b> Offer to clean the table after a meal.	<b>20</b> Draw a picture of Spring time to brighten a room up.	<b>21</b> Invite someone to join you at break or lunchtime.
<b>24</b> Ask someone how they are and actually listen to their response	<b>25</b> Tell someone something you admire about them	<b>26</b> Share something you're grateful for.	<b>27</b> Give someone you love a hug.	<b>28</b> Say thank you to someone in school for everything they do for you