

# Random Acts Of Kindness - Whole School Challenge

This week, we would like you to complete one random act of kindness a day. This is something you should do without being prompted (random) that will help another person or show them your love and support. You can post photos and comments to your dojo portfolio for your teachers to see your acts of kindness and we will share some to the whole school at the end of the week.

If you are struggling for ideas, here are a few to get you going:

Walk the dog

Do the washing up

Hug a family member

Help someone with their home learning

Send a letter to a friend/loved one

Give someone a compliment (and mean it!)

Play a game with a household member

Give a donation to a local food bank

Tidy away after someone else (a sibling?)

Read aloud to someone

Tell a family member how much you love them