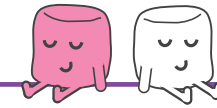
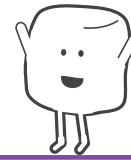


I can show kindness

To myself and those around me



Do something creative	Tell someone 'Thank You'	Eat some fruit	Let someone else go first	Play a game with your family	Do something that relaxes you
Invite someone to join you	Read, write or draw	Give someone in your family a hug 	Make a card for someone	Clean or tidy something without being asked	Feel the sunshine on your face
Just listen to somebody	Eat some vegetables	Do something active	Write a list of compliments for someone	Tell someone 'Good Morning!'	Try something new, like a new food!
Tell someone a joke or make someone laugh	Forgive someone for a mistake 	Have a good nights sleep	Write a list of compliments for yourself	Go outside for a walk or take a deep breath of fresh air	Say something nice to someone

© 2021 Citywise Mentoring Ltd

Here are 24 ways you can show kindness to yourself and to those around you! You may need the help of an adult with some of these, but you can do others by yourself. why not see how many you can tick off in one week!

