

CORONAVIRUS

Kindness Challenge *Freebie*

Acts of Kindness During Lockdown.



Make a handmade card for a grandparent.

Make a funny video and send it to a friend.

Create a cheerful painting and hang it in the front window.

Print photos of your family and make a collage.

Play with your pet/s and give them lots of attention.

Do some weeding or sweeping outside.

Put a teddy bear in a front window for kids to find.

Help out by making lunch or dinner all by yourself.

Clean your room without being asked.

Video message a younger cousin or friend and chat.

Read a book to a younger sibling or cousin.

Write 'Hello' in 7 languages and display in window.

Make art for an elderly neighbour and send a photo.

Start a family yoga session each day.

Read a chapter of a book with the family each evening.

Create a treasure hunt for a sibling with toys.

Rub someone's feet or back for 10 minutes.

Create a scrapbook on all the best times with family.

Say something kind to each family member.

Choose toys and clothing to give away to goodwill.

Make a handmade frame for a special photo.

Write a letter to a friend in a different country.

Create a picnic morning tea for the family.

Bake something delicious for the family.

Take your parents breakfast in bed.

Ask your grandparents about their childhood.

Play a game with a sibling and be happy if they win.

Make something crafty to give away to a friend.

Wash and fold some laundry without being asked.

Make everyone have a family board game night.

Give a big hug to a brother or sister.

Set up an obstacle course with chalk for a sibling.

Say 'Thank you' when people do things for you, all day.

Help with whatever job mum and dad are doing.

Don't complain once, all day long.

Box up books you don't read for goodwill.

Make your bed AND someone else's.

Tell someone you love them.

Write a poem for someone.

Email someone who you know might be a little lonely.

Create a 'quiet corner' for anyone feeling sad/stressed.

Plant some special flowers in the garden.

Make a list of things you love about your family.

Write a beautiful thankyou card for someone.

Record songs and rhymes for/with younger kids.

Write or paint an uplifting quote for the fridge.

Have a silly Youtube session with the whole family.

Let it go when someone bothers or annoys you, all day.

Make a bird feeder or bird house.

Do a dance or stretch session with your siblings.

Water all the plants and keep them happy.

Have a screen-free day and hang with family.

Help someone learn a new skill.

Pick some flowers and make a nice display.

Make a 'Happy Hits' playlist and share with friends.

Wash and clean out the car.

Make thoughtful art for each family member.

Write jokes on a mirror with non-permanent marker.

Surprise someone with a gift.

Share your stuff without complaining, all day.