

Be kind!

A city with a village heart

**Help someone
with a job around
the house without
being asked.**

**Make a card for
someone thanking
them for all
they do.**

**Give someone a
hug when they
really need it.**

**Organise an
afternoon of game
for your friends or
family.**

**Do a good deed
for a neighbour.**

**Write a letter to
your teacher.**

**Make a thank
you card for a
community helper.**

**Make "Be happy"
notes and pass
them out.**

**Clean out your
bedroom and
donate toys
and clothes to a
charity.**

**Go somewhere
with your family
and smile at
everyone you see.**

**Read a book to a
younger child.**

**Hold the door
open for people
entering or exiting
a shop.**

Challenge: This week let's see how many squares you can complete.