

# 7-Day Kindness Challenge



#ANTIBULLYINGWEEK

Anti-bullying week is the perfect time to focus on kindness.

**Can you complete a kind act each day?**

- Complete a kindness challenge each day. How did it make you feel?
- There are also some small steps that make a big difference. Try to do all of these every day!
- Take a look at a daily kindness question. These will help you discuss the importance of being a kind human.

**Monday**

Make a card, write a thank you note or draw a picture for someone.

Smile more. It's contagious.

What is the kindest thing someone has ever done for you?

**Tuesday**

Help to clean up at school and at home too.

Use kind words with everyone you meet.

How do you feel when you do something kind?

**Wednesday**

Phone up or speak to someone you haven't spoken to in a while.

Always say 'please' and 'thank you'. Show you are grateful.

How can you encourage others to be kind?

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Thursday

Invite someone who is alone to join in with a game or chat.

Show someone you are listening by looking at them and being present.

What would it be like if everyone did one kind thing each day?

Friday

Offer to help someone with a task at school or at home.

Always put things back where they belong.

Why is it important to be kind to yourself and others?

Saturday

Do some local litter picking with your family or friends.

Volunteer to help out with any tasks or jobs. Many hands make light work.

What brightens your day?

Sunday

Donate old clothes to charity or raise money for charity.

Offer hugs to cheer people up.

What does kindness teach people?

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools:

- [CPD anti-bullying online training courses](#)
- Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today



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