



Introduce Leave a positive yourself to **Invite someone Tidy up after** comment under a someone alone in to play with you someone post. the playground Likeorsharea Give a classmate a **Thank vour Greet your teacher** highfive teacher at the end with a smile positive post with your friends of a lesson Write a card for Send a nice Thank the **Complimenta lunchtime staff** someone special friend message to a family member Askanadultif Sit with someone **Help someone** Hold a door open they need any with their work in new at lunch forsomeone help class

Ask someone how

they are doing

Do chores at home

Talk at the dinner

table (no devices)

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friend

Send a positive

message to a

Tidy up after someone

Like or share a

Introduce yourself to someone alone in the playground

Invite someone to play with you

Leave a positive comment under a post.

Like or share a positive post with your friends

Give a classmate a high five

Thank your teacher at the end of a lesson

Greet your teacher with a smile

Send a nice message to a family member

Thank the lunchtime staff

Write a card for someone special

Compliment a friend

Ask an adult if they need any help Help someone with their work in class

Sit with someone new at lunch

Hold a door open for someone

Send a positive message to a friend

Talk at the dinner table (no devices)

Ask someone how they are doing

Do chores at home

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Random Acts of Kindness Follow-up





What Random Act of Kindness did you pick?	Who did you do it with/to?	
How did you feel after doing this act of kindness?	What other random acts of kindness ar you planning to do this week?	'e
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