



KINDNESS

Make a list of seven kind things you can do for someone else. This could be for people you live with (e.g. do the dishes one evening, tidy your room, read with your brother or sister) or people you don't get to see every day (send someone a compliment by text, draw a picture and send a photo of it to your grandparents, etc). Each day, do one of the seven kind things from your list.