

Random Acts of Kindness



Have a go at doing a few of these random acts of kindness and put a smile on someone's face

Do a chore around the house to help someone



Make a cup of tea for someone at home

Draw a lovely picture for someone you love



Skype or Face-time with grandma/ grandpa



Offer to help with making dinner



Spend quality time with your family



Text a friend and tell them why they are important to you

Leave some positive notes around the house



Doing these random acts of kindness made me feel:

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace."

- The 14th Dalai Lama