30 Random Acts of Kindness for Primary School Children.

On the Playground

- Pick up a piece of litter and put it in the bin ☐
- Invite someone playing alone to join in your game. ☐
- Let somebody go ahead of you on the playground apparatus. ☐
- Offer to play with somebody younger than you. ☐
- Ask an adult on the playground how their day has been. ☐
- Try and start a game that involves everyone in your class. ☐

In the Hallway.

- Smile and say hello to another person. ☐
- Open the door for another person. ☐
- Pick up something that has fallen off a display and give it to an adult. ☐
- When lining up for assembly or dinner let somebody go ahead of you. ☐
- Help somebody that has dropped something. ☐
- Help a younger child who may be lost. ☐

In the Classroom.

- Give a friend a thank you letter. ☐
- Write in your own RAK. ☐
- Help somebody who is struggling with their work. ☐
- Talk to somebody in the class that you wouldn't normally talk to. ☐
- Tidy up the classroom. ☐
- Leave a nice note for your teacher. ☐

Towards Adults.

- Say hello to somebody else's Mum or Dad in the morning ☐
- Give an adult that works in your school a compliment. ☐
- Offer to help with the washing up or tidy your bedroom at home. ☐
- Say something nice to your Mum or Dad. ☐
- Give an MSA or TA a thankyou card. ☐
- Tell the school cook how nice the dinner was. ☐

Towards Other Children.

- ☐ Offer to read a younger child a story.
- Tell another child 'Good Job' on a piece of work they have done. ☐
- Make a friend with somebody new at your school. ☐
- Help another child by carrying their bag or lunch box. ☐
- Make a kindness note or letter for a friend. ☐
- Say hello and smile at as many other children as possible. ☐

Try to do as many of these 'Random Acts of Kindness' as you can, tick the boxes as you complete them.

Inspired by an original idea by primarilypeace.tumblr.com