

# UAH Random Acts of Kindness week

Monday February 15<sup>th</sup>

Friday February 20<sup>th</sup>

Tuesday February 16<sup>th</sup>

Saturday February 21<sup>st</sup>

Wednesday February 17<sup>th</sup>

Sunday February 22<sup>nd</sup>

Thursday February 18<sup>th</sup>

Review your weeks good deeds

Half Term Challenge; is to carry out, at least ONE Random Act of Kindness, each day. This is a tutor group competition, good luck !!

1. Call your grandmother/granddad/Nan/Pops.
2. Hold open a door when someone in your house is carrying something or 'just because'.
3. Offer to make someone a drink.
4. Wash-up or load/empty the dishwasher, completing the job by putting pots away, without being asked to.
5. Send an email to someone to show your appreciation or thanks.
6. Use your manners; say please, thank you and excuse me.
7. Give some quality time fussing a pet, making them feel good.
8. Give a compliment. It only takes one sentence.
9. Say good night to people, (and smile) before you go to bed.
10. Tidy up an area or room, without being asked to.
11. Help your younger brother or sister with home schooling work.
12. Empty the bin when it is full and take it to the wheelie bin outside, without being asked to.
13. Offer the TV remote to someone and encourage them to watch what they want, with a smile.
14. Help someone with a household chore they are doing.
15. Be creative with a Thank-You sign for the postie or bin collection people and put it visible in your window.
16. Organise the clothes you do not wear anymore and bag the ready to donate them.
17. Check an elderly neighbour has everything they need by posting a note through their door with your mobile number on.
18. Share the details of a charity on your social media (if you have one), which is struggling to raise money for vulnerable people.
19. Volunteer at or run or walk a virtual race perhaps get sponsors for a charity. You can find these online.
20. Help a fellow Health & Social Care student with something they are not clear on, not necessarily in your school friendship group.
21. Tidy up a bit of your garden, with guidance from a parent.
22. Email your teacher(s) and tell them you appreciate the teaching and support this year.
23. Check-up on someone you don't normally have much to do with, ask them how they are, in this lockdown.
24. Spend the whole day being positive, with everything you say, like a little ray of sunshine.
25. Be Kind to someone who maybe be feeling sad.
26. Hug your parent(s).
27. Offer to make food for someone at home.
28. Call/message a member of your extended family; cousin/auntie/uncle and ask how they are.
29. Spend some time with a sibling, decided to watch a film together that they would like to watch.
30. Spend some time with a sibling and play a game together like Uno or a homemade Pictionary Game.
31. With parent's permission, find a free app that will allow you to play a game with your friend(s), preferably with some educational content, to keep in contact with them.
32. With parents permission, write a letter for an older person who is isolated, shielding > [Plea for kids to get writing and drawing for the elderly in self isolation - Lincolnshire Live](#)
33. Get up and make your bed, it is the right way to start a day and will have you in a better mood for a day with family.
34. Bake something yummy, following a recipe and share the goodies, with your family.
35. Write a short story for your parent(s) which will make them smile.
36. Write a thank you letter to your parent(s) or card and give this to them when you go off to bed... with a smile.

**Bonus** Thank your teacher(s) for a good online lesson.

**Double bonus** Complete the rest of the month carrying out daily acts of kindness ☺

**Some ideas of random acts of kindness – make sure you check with a parent, that you are allowed to do some of them, please.**