

Name:

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.