



World
Kindness Day

free Activity Pack



World Kindness Day

On World Kindness Day, people are encouraged to show kindness to others. Whether it's helping out someone with chores, taking the time out to ask how someone is doing, or complimenting someone, we all have kindness in us.

Have a go at the kindness activities in this booklet!

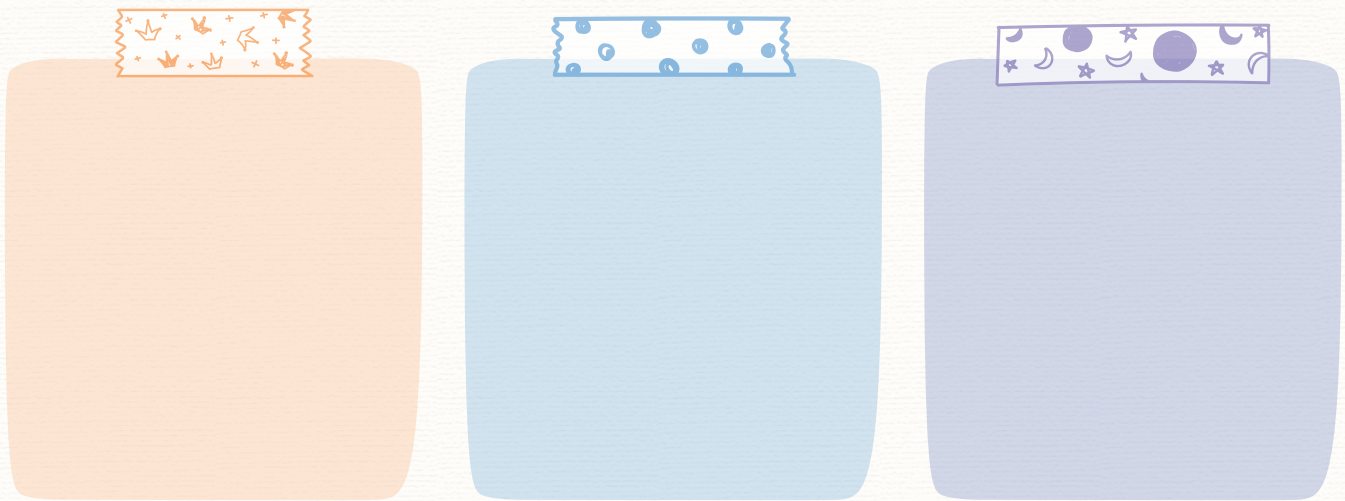
HAVE THE COURAGE TO BE KIND

Random Acts of Kindness

Try to perform at least three random acts of kindness today

Give compliments. Smile at friends. Hold a door open. Give up your seat on a crowded bus.

Fill in the sticky notes below with the acts of kindness you did.



How did being kind make you feel?

.....
.....

Jar of Positivity

You need to be kind to yourself too!
Fill in the jar with positive words that describe you - If you are having a low day you can come back & read all the amazing things about yourself!



GIVE YOURSELF KINDNESS

Kindness cards

Do a kind act and give someone a compliment card! This kind act will give someone positive energy and it's a great way to share a little kindness.



You are Great!

You are Really Special

I Appreciate you!

KINDNESS ALWAYS MATTERS

Pocket Hugs

Hugs are a powerful thing! Sometimes a hug from a friend can mean the world!

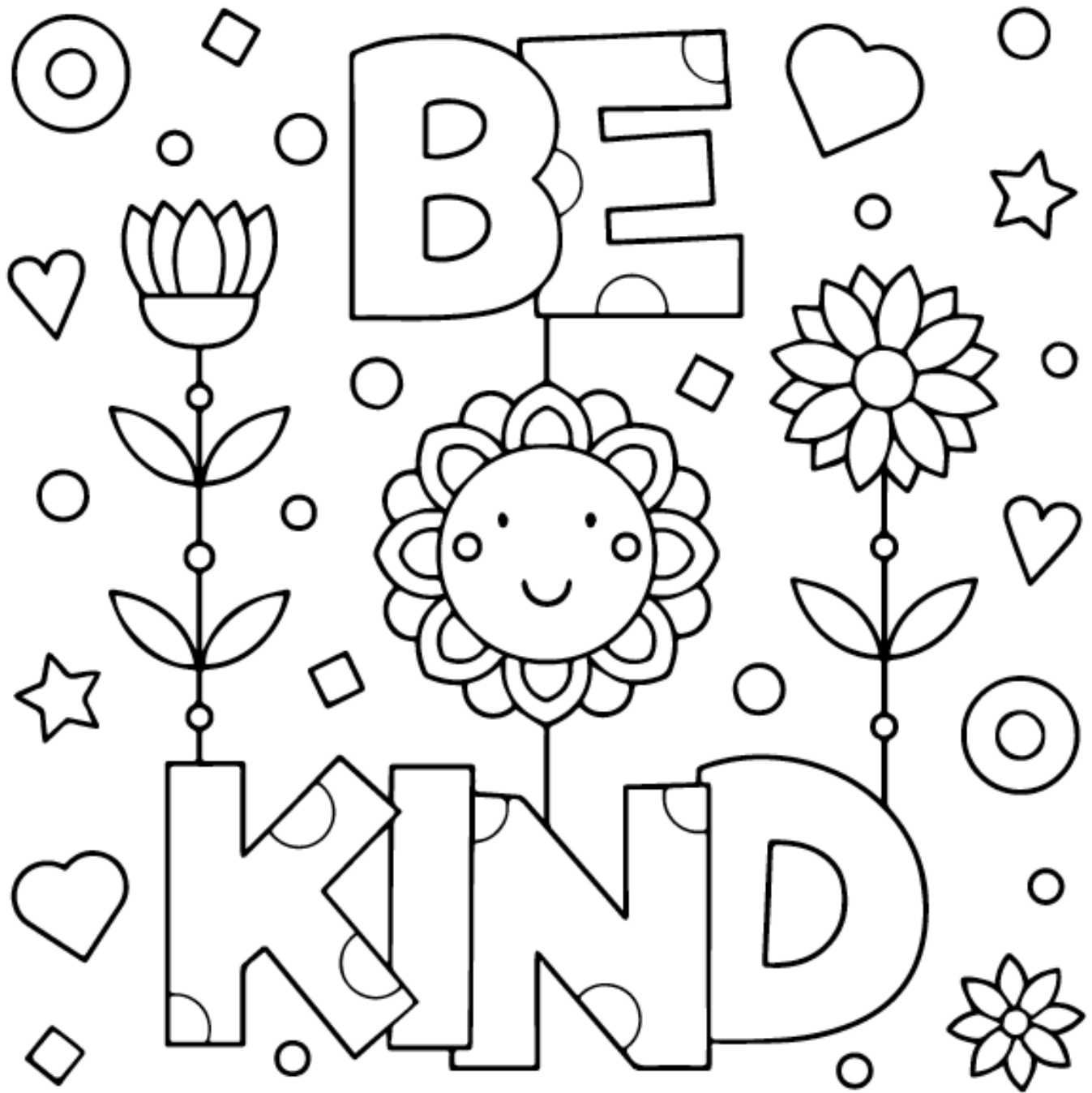
- You can create pocket hugs by decorating: stones, pebbles, and conkers.
- Explore outside & see if you can find anything to turn into a pocket hug!
- You can use pens & crayons to decorate your pocket hug.



Once you've designed your pocket hugs you can pass them onto a friend



kind colouring



KIND WORDS ARE POWERFUL



World

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