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**Fishermoss Family Festive Kindness Challenge**

**Spread some kindness this December!** Try to do as many acts of kindness from the Kindness Challenge as you can. Think about how each act of kindness makes you feel when you are doing it and how it makes others feel too. We will be sharing our acts of kindness with each other in school. If pupils wish, they can keep notes of their acts of kindness in any way they would like e.g. bullet points, poster, pictures, diary entries, notes recorded on the challenge page etc…

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| **Smile at someone to cheer them up.** | **Give someone in your home a high five or hug.** | **Write a nice note or draw a picture for someone who helps you.** | **Compliment someone.** |
| **Ask someone how their day is going.** | **Hold the door open for someone.** | **Make a card for someone and tell them why you appreciate them.** | **Have a technology free day!** |
| **Offer to help someone who is struggling with something.** | **Volunteer to help with a job around the house.**  (E.g. wash the dishes) | **Draw or write about your top 3 qualities.**  (E.g. Firstly, I am creative. Also, I am kind. Lastly, I am a good listener.) | **Ask someone at home to choose what they would like to read, watch or which game they would like to play with you.** |
| **Write an acrostic poem or draw a picture about someone you admire. Illustrate it when you are finished.**  Marvellous mother  Utterly amazing  My superhero | **Tell someone a reason why you are proud of them.** | **Phone a friend or family member to say hello.** | **Draw or write about 3 things you are grateful for.** |
| **Teach someone something new.** | **Play/chat with**  **someone new.** | **Spend some time outside enjoying nature.** | **FREE CHOICE:**  **Create your own act**  **of kindness** |