

Acts of kindness & wellbeing challenge

#bekind

- Whilst you are working from home, try and complete AS MANY of these as possible.
- Fill in the boxes in a colour OR simply add the date you did this (on paper or electronically).
- If you want send me the completed grid and the top 5 images you have taken to go along with this challenge then you can do!
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- There will be rewards for the best submissions!

30 acts of kindness & wellbeing challenge

#bekind

Make someone at home a cup of tea/coffee or bring them a drink	Call or video chat with a loved one	Learn to count to 5 in a foreign language
Send a friend or family member a video message to cheer them up	Write down 3 things you are grateful for	Send your friends photos of what you are doing to keep them involved
Help make dinner or lunch	Be active for 20 mins – run, jump, do an online workout!	Draw a picture of something you love doing
Send a motivational message to a friend who is struggling	Send an inspirational quote to a friend	Pick a country you want to know more about and find 5 facts about it
Make your bed everyday	Go for a walk (but keep your distance)	Play a board game or card game