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Fantastic, Caring Acts of Kindness for Primary School Children

At School...



1. Hold the door open for someone with a big smile on your face.
2. Ask your teacher if each person can have a turn at telling a joke at the end of a lesson. Offer to be the first person. Ask your teacher to make sure everyone cheers and claps however bad the joke is.
3. If you read a good library book leave a little letter inside it telling people why you liked it and wishing them lots of enjoyment from it.
4. Pick up all litter wherever you find it, if it is safe to do so (and always wash your hands afterwards).
5. Let someone go ahead of you in line.
6. Offer to do a treasure hunt for the younger children in your school - they love having clues and they love finding treasure.
7. Offer to lay up tables in school.
8. Bubbles are cheap, buy some, and take them down to the nursery.
9. Talk to someone new at school and see if they need to know anything new.
10. Write some fun chalk messages on the playground (but check with your supervisor first).

11. Bring a small gift to a teacher, TA or midday supervisor, who you know always tries to make life a bit interesting or just a thank you note.

12. In the dining hall if you and your friends really like some of your meals, write a note to the cooks, or just say 'thank you!'.



13. Say 'hello' to everyone you see and give a big smile.

14. Ask your teacher, post-pandemic, if it would be possible for a group of you to go and visit a local older people's home. You can then demonstrate some traditional games that you know and then interview each older person about the games that they used to play.

15. Invite someone new in the playground to join you in your game.

16. Always say thank you to anyone who does things for you, especially if they work in the kitchen or the cleaning team.

17. Always make sure your class sends a get-well card for someone when they are ill.

18. Enthuse your class enough to adopt an animal online between you.

19. Make your friend a card, thanking them for something.



20. Ask the adult on duty in the playground how their day has been.

21. Think of and play a game that involves everyone in the class.

22. Give someone a compliment.

23. Offer to read a younger child a story. This could be a younger sibling or someone at school.

24. Smile at as many people as possible.

25. Bake a cake or biscuits and share them with your class.

26. Write a positive message on a sticky note and stick it to your teachers' desk.

27. Say 'hello' to someone you have never spoken to before.

28. Tidy up your workspace without being asked.



29. Offer to help at an after-school club.

30. If you see a member of staff struggling to carry something, offer to help them.

31. Draw a picture for someone.

At Home...



32. Feed the birds often - they love dried worms.

33. Put a small bin in your car or bedroom to collect recycling.

34. Try and spend time with your grandparents or older neighbours and ask them about their childhood - it would be great if you could record what they say and write it into a Family Stories book. Even making a phone call to them and asking them about different stories would be brilliant.

35. Offer to wash someone's car - particularly an adult who is always busy or is kind to you.

36. Buy a packet of wild seeds and scatter them anywhere.

37. Learn to make a pudding and give it to your parents or a friend.

38. See if it is possible to walk dogs at the local animal shelter - offer to walk the dog of an older person in your neighbourhood.

39. Check in on an elderly neighbour.

40. Turn off the water while brushing your teeth.

41. Offer to help make dinner.

42. Bring your neighbours' rubbish bin in whenever you can.

43. Offer to take care of someone's pet while they are away.

44. Clean up your room without being asked.

45. Make sure your family remembers to take your own shopping bags out with you and use paper bags when possible.

46. Collect money or items for a good charity you believe in.

47. Offer to pull up weeds or snip the dead heads of flowers or sweep the area around your house.

48. Collect your spare change, save it up and donate it to a good cause.

49. Tell a family member how much you love and appreciate them.

50. Be kind to yourself, spend some time doing something you love, quietly on your own - Enjoy your own company.

