

## Ideas for children and families

Below is a list of suggestions and ideas to get you started with acts of kindness that could add up anything from 1 minute to a few hours towards our target of 1000 Hours. Do it as a group of friends or family and you can all log the time you have spent together helping others. We've broken them into 4 categories; Family, School, Community and Ninja kindness (where no one knows it was you!)



- Invite a friend round to play or meet up at the park
- Sort through your clothes and toys to see if there are some nice things you could give to charity/ Growkids
- Help set and/or clear the table for a meal at home
- Help wash up after a meal
- Let someone else choose what to watch on the TV at home (without complaining)
- Tidy up your parent's car without being asked
- Help your parents wash the car at the weekend
- Make a card and write a nice message inside telling someone why they are special to you
- When your brother or sister is annoying you, be patient and don't snap at them. Take a deep breath, count to three and don't react.
- Help to do chores around the house, and do it with a smile on your face. When your Mum or Dad is tired and has had a long day, offer to make them a drink, and let them sit down for 5 minutes uninterrupted.
- Write letters to your family and friends to tell them why you're grateful for them, and thank them for being in your life.
- Tidy your room without having to be asked.
- Make cakes for all your family members who live nearby.
- Make an effort to call your elderly family members and visit if you can, just to spend time with them.
- Instead of spending your spare time on devices, have a 'devices break' for an hour, and use that time to play a board game, or do some creative things with your family instead.
- Give your mum or dad a hug, and tell them you love them- you don't need to have a reason why.



- Hold open the door for people when they're coming through. Smile at people in the corridors, even if they're not your friends. Thank your teachers when they help you.
- Don't throw rubbish on the floor, always put it in the bin.
- Tidy up your desk, and put things away that you've used.
- Offer to help your teacher clear up, or do tasks to save them time.
- Be respectful when your teacher, other adult, or other children are talking, don't talk over them, and listen well.
- Compliment people around school, for no other reason than to make them feel good.
- Write a letter to your head teacher to thank them for the job they do, and tell them what you love about your school.
- Talk to someone new at school, that you've never spoken to, or rarely speak to. Maybe it's someone that you know is having a hard time, or isn't being included. Invite them to spend time with you, and make them feel wanted and loved.
- If you see rubbish on the floor or outside (even if it's not yours), pick it up and put it in the bin.
- Bake some biscuits and give them away
- Invite some friends to the Easter events
- Be a friend to a shy or new person at school
- Say something nice behind someone's back
- Introduce yourself to a child your age you see regularly (on the way to school, at the park) and remember their name next time you see them and say hello.



- Make a goody bag for your local GP/police/fire/ambulance station staff to say thanks for helping other people
- Go to the beach and pick up a bag or two of litter with your family
- Say hello to a person who is homeless and buy them a cup of tea/coffee (with an adult)
- Hide nice messages in different places (lunchboxes, a library book, the fridge, supermarket)
- Write a letter to a sick child (<http://www.postpals.co.uk/>)
- Pick up some litter in your neighbourhood/park/street
- Write some nice messages in chalk on the pavement
- Make some little postcards with kind/happy messages and post them through letterboxes in your street
- Bake a cake for your neighbour
- Give a bunch of flowers to a friend or neighbour
- Help cook a meal for someone who might need some support
- Clean your street sign
- Help the environment – reduce your waste, reuse it or recycle it.
- Leave a present for the bin collectors on your bin with a nice note
- Give your postman or lady a bar of chocolate
- Ask your parents if you can befriend an elderly person in a care home and visit them regularly.
- Save part of your pocket money each week and donate it to a local charity.
- Help an elderly neighbour to take the bins out.
- Give your lollipop person a high five and thank you every time you see them – think of a new word of appreciation each day.



Ninja kindness covers acts of kindness you do in secret so no one knows it was you. Get creative and maybe just leave them a 1000hours card/invitation.

- Send an anonymous gift to someone who might be sad or lonely
- Make thank you cards for volunteers at local charities, to thank them for the time they give to serve the community. (Don't write your name on them!)
- Write encouraging notes, or draw happy pictures, and deliver them through your neighbour's doors without being seen (Don't write your name on them!)
- Go Geocaching, and leave notes of encouragement, or "Kindness Norfolk-Rocks"
- Clear away messes that someone else has made, without saying anything, without complaining; just to be kind, and helpful.
- Tape a bag with wrapped sweets in to the bus stop for people to have one and have a great day
- Tidy your room without having to be asked, don't say anything, don't make a fuss, just tidy.
- Save a little bit of your pocket money each week, and then donate it to a charity.
- Tape £1 to a wall/packet of sweets in a shop where it might be needed
- Write thank you messages on all the bins on your street so the bin men/women feel appreciated and don't know who thanked them
- Write nice notes with kind words at the bus stop for people to read (and take with them) while they wait for the bus.