

Ideas for children and families to join in the kindness revolution

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
(<https://www.facebook.com/growkidsnorwich/>)
- 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. If your Mum or Dad is tired & has had a long day, offer to make them a drink, 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.
- 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.



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.

- 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.
- 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.

Head to www.1000hours.co.uk for further inspiration and to log your time towards the project.

We would also love to hear and see pictures of your kindness adventures and efforts – you can email us your photos/videos and a brief summary to stories to 1000hours@gatewayvineyard.church

or find us on Facebook, Instagram and Twitter

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