

Create your own kindness trail



Making your own kindness trail is easy! Follow the instructions below and invite the people you live with to take part with you.

You will need:

- A printer and paper
- Scissors
- Blue tack or cellotape to hang up your signs

Instructions:

1. Ask an adult to print out this document or use the signs as inspiration to write out your own trail
2. Cut out each of the signs. You might need an adults help to use the scissors
3. Plan where you're going to hang up the signs. You could stick them all over your house, or in the garden if it's sunny outside!
4. Use the blue tack or cellotape to hang the signs.
5. Invite the people you live with to join you on the trail and take part in each of the activities.

Random Acts of Kindness Trail

Say hello to everyone you see next time you go for a walk and give them a big smile. It's contagious!

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Random Acts of Kindness Trail

Give someone a compliment. Maybe they have pretty shoes, or cool hair: tell them what you love about them and why.

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Random Acts of Kindness Trail

Call a friend you haven't chatted to in a while and ask them how they're doing. You might need a grown-up's help to borrow their phone.

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Random Acts of Kindness Trail

Ask an adult to help you collect litter you find next time you go out for a walk and put it in the bin when you get home.

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Random Acts of Kindness Trail

Write a thank you letter to someone who has helped you recently, no matter how big or small.

This may be a teacher, someone you live with, or a friend.

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Random Acts of Kindness Trail

Make as many people as you can laugh. Think of your favourite joke and tell it to everyone you see today.

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Random Acts of Kindness Trail

Write a list of books you think someone in your family will enjoy reading. They'll love hearing your suggestions and you can chat about them afterwards.

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Random Acts of Kindness Trail

Help your family cook dinner or offer to do the washing up afterwards.



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Random Acts of Kindness Trail

Draw a picture for an elderly neighbour and post it the next time you head out for a walk.



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Random Acts of Kindness Trail

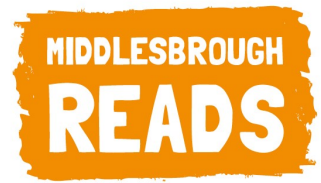
Make someone in your house some breakfast and a nice drink.



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Random Acts of Kindness Trail

Think of your own...



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