

# Random Acts of Kindness Challenge Cards

Kindness brings huge benefits for everyone! You make someone feel good, you feel good as a result of your actions and those who see what you are doing are inspired to act kindly themselves!

How many of these challenges can you complete?



Make a cake or some biscuits to sell at a cake sale and give the money to charity.



Pick up some litter! Just a piece or focus on an area where litter has got out of control. Perhaps get some help from friends, family or neighbours.



Random Acts of Kindness Challenge Cards

Take something you no longer use to a charity shop. Try to find something good that you have liked a lot that the shop will be able to sell.



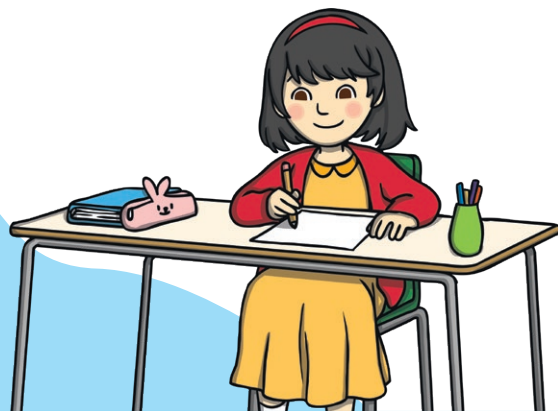
Random Acts of Kindness Challenge Cards

Say good morning or good afternoon, with a smile, to as many people as you can.



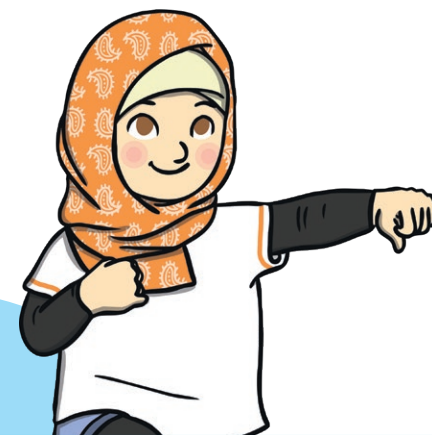
Random Acts of Kindness Challenge Cards

Write a letter to someone you care about. Tell them you miss them and look forward to seeing them soon. Enclose a lovely photo or a drawing.



Random Acts of Kindness Challenge Cards

Think of a testing challenge and ask people to sponsor you to raise money for a charity that means something to you.



Random Acts of Kindness Challenge Cards

Make some cakes or deliver fruit or flowers to a neighbour.



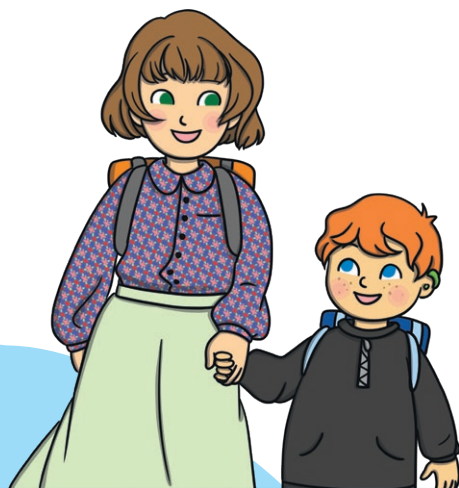
Random Acts of Kindness Challenge Cards

Make someone in your family a drink or snack without being asked.



Random Acts of Kindness Challenge Cards

Think of something nice to say to each of your family members and friends.



Random Acts of Kindness Challenge Cards

Make a card for a friend telling them something you like about them.



Random Acts of Kindness Challenge Cards

Spend some of your pocket money on daffodils or a plant bulb and take it to a hospital or a care home.



Random Acts of Kindness Challenge Cards

Let someone go ahead of you in the queue.



Random Acts of Kindness Challenge Cards

Make a tasty treat or thank you card to give to the post person or refuse collectors.



Random Acts of Kindness Challenge Cards

Tape some change to a vending machine.



Random Acts of Kindness Challenge Cards

Put your pocket money or some money you were given for your birthday straight into a charity box.



Random Acts of Kindness Challenge Cards

Give someone a book you like that you think they would too.



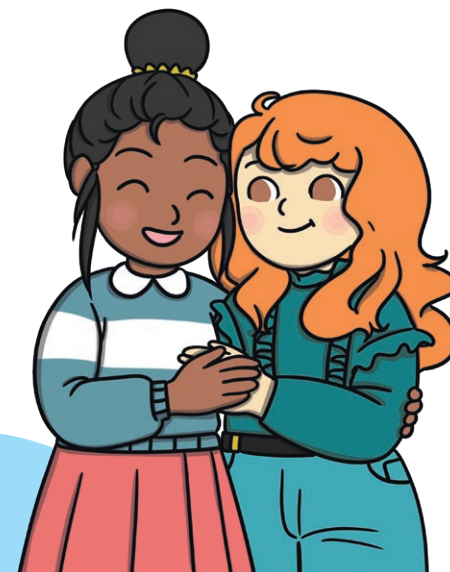
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When you meet your friends, take them a small gift and tell them their friendship makes you happy.



Random Acts of Kindness Challenge Cards

Give someone a hug!



Random Acts of Kindness Challenge Cards

Send someone a message to say good morning or goodnight.



Random Acts of Kindness Challenge Cards

Sponsor someone who is raising money for charity.



Random Acts of Kindness Challenge Cards

Support everyone at a sporting event by shouting encouragement.



Random Acts of Kindness Challenge Cards

Find a way to help younger children - show them how to do something or read them a story.



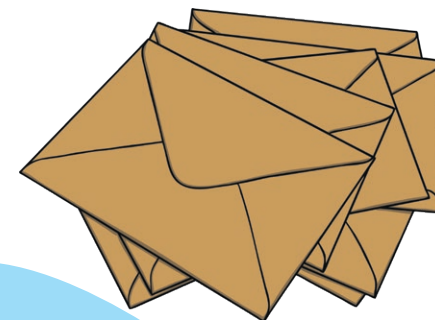
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Put a note or a drawing in someone's bag so they find it and smile.



Random Acts of Kindness Challenge Cards

Set up a treasure hunt for a family in your neighbourhood. Post the first clue through their letter box.



Random Acts of Kindness Challenge Cards

Say 'Yes!' to as many things as you can in one day.



Random Acts of Kindness Challenge Cards

Ask, "How can I help?"



Random Acts of Kindness Challenge Cards

Make and carry 'Thank you for making my day' cards and give them out to anyone who shows you kindness.



Random Acts of Kindness Challenge Cards

If someone helps you or gives you good service, write to their company to explain how much you appreciated their efforts.



Random Acts of Kindness Challenge Cards

Ask someone to tell you all about something they are interested in.



Random Acts of Kindness Challenge Cards

Say thank you to someone doing their job - a bus driver, a post person, a shopkeeper or your parents.

