

Mission:Kindness

World Kindness Day – 13 November 2022

To celebrate World Kindness Day, in school this week we are going to be focusing on KINDNESS -

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1** Send an uplifting text to a friend or family member.
- 2** Let that guy merge into traffic with a wave and a smile.
- 3** Include intentional moments of kindness, laughter and delight in your daily routine.
- 4** Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5** Share a compliment with a co-worker or friend.
- 6** Reach out to a family member you haven't spoken to in awhile.
- 7** Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

QUESTION



What have you done recently to make someone happy or to help others?

TASK - In the space below, list ten actions you have done recently to make someone happy or to help others.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

“ No act of kindness, no matter how small,
is ever wasted ” ~ Aesop

TASK - How could you be kind to a peer in school?

In the space below identify how you could be kind to a peer

Example – Open the door / Put a sweet in their pocket / Make a point in asking them how they are getting on

Your Mission : OPERATION KINDNESS

Your form teacher is going to give you a random name of a peer.

You must keep this name a **SECRET!**

Your job is to be extra kind to the person you have been assigned for one week, starting the 14th November 2022

BUT you must be kind subtly, perhaps even sneakily!



At the end of the week, you will all get to play detective to try and find out who was your secret kindness buddy!

If you complete your mission . . .

Provide evidence of how you have been kind to the peer you were allocated to Mrs Beatty and you will receive a prize in recognition of

your effort! (Please see 'Evidence Log' overleaf)



Evidence Log

Submitting Agent: _____

Form Class: _____

Name of Peer Receiving Extra Kindness: _____

Day	Describe the act of kindness completed -
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Did your subject identify you? Yes / No (Please circle)

I confirm that the information given in this form is true, complete and accurate.

Signed _____

PLEASE RETURN COMPLETED LOG SHEETS TO MRS BEATTY (ROOM 4)