

Answer Booklet



indness wit	hout reward. Just b	e kind. Don't v	vait for, or expe	ect, a reaction fr	om others.
<i>hallenge</i> Write dow	n one thing you want to	do today to make	e something bette	r for somebody else	e.

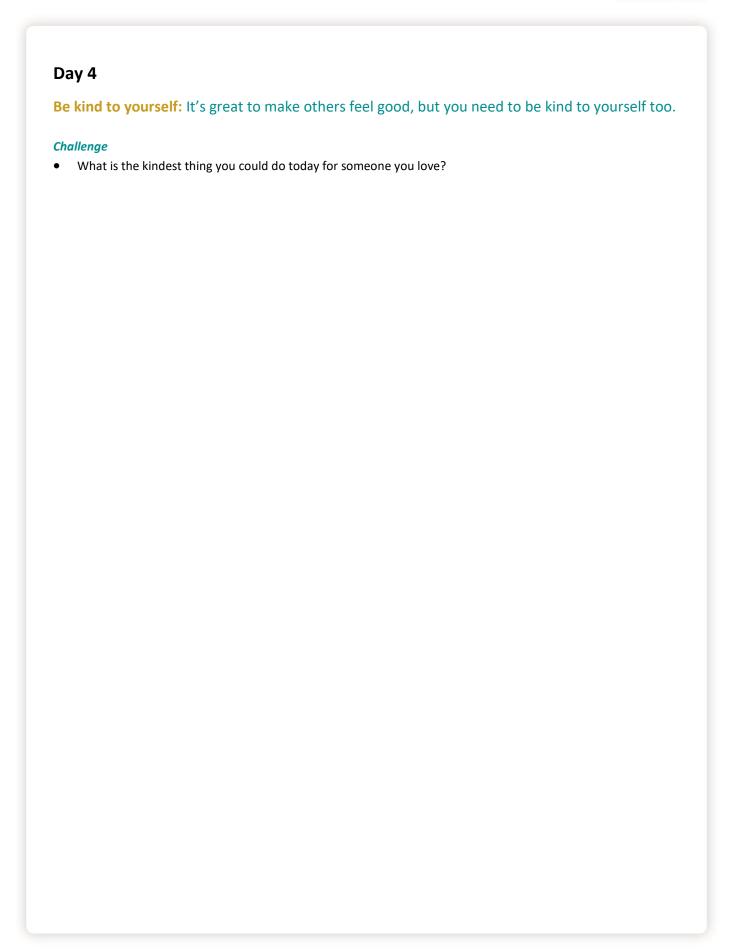


indness without reward. Just be kind. Don't wait for, or expect, a reaction from others. inallenge Write down one thing you could do today that will make you feel better than how you felt yesterday.	ndness without reward. Just be kind. Don't wait for, or expect, a reaction from others.				
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hallenge	allenge	Day 2			
		(indness without	reward. Just be kind. Don't w	ait for, or expect, a rea	ction from others.
		hallenge			
			thing you could do today that will m	ake you feel better than ho	w you felt yesterday.

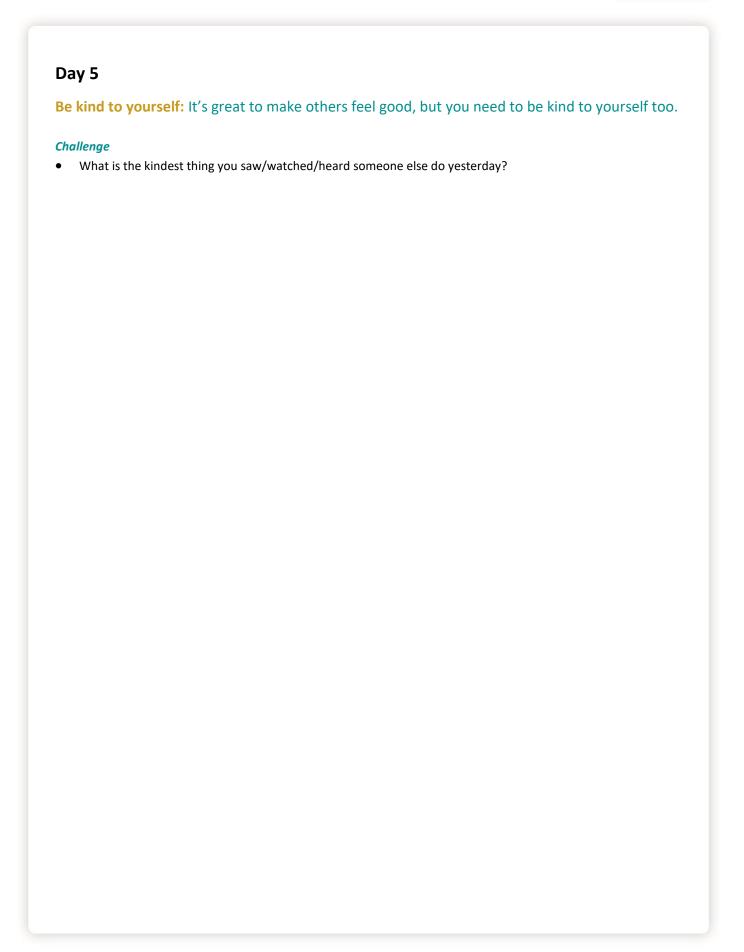


Day 3		
Kindness	s without reward. Just be kind. Don't wait for, or e	expect, a reaction from others.
hallenge		
	e down one thing you could do to make someone feel good to	oday.











Day 6
Be kind to yourself: It's great to make others feel good, but you need to be kind to yourself too.
ChallengeWhat is the kindest thing you could do today for yourself?



ay 7					
ome days you v	von't feel like bein	g kind: These a	are the days we	e have to try ou	r hardest.
nallenge Write down son	nething you're good at	doing that makes	people smile. Try	/ and do it today.	



ay 8								
ome d	ays you wo	n't feel like	being kind	l: These are	the days w	ve have to t	ry our hard	est.
<i>halleng</i> Writ		thing you wou	ld like to feel	today. Try an	d make some	eone else feel	like that.	



ay 9				
ome da	nys you won't feel like being kind	: These are the day	ys we have to try our	hardest.
allenge				
	down something you could start doing	that would be kind to	yourself. Try and start it to	oday.



Day 10	Day	10	
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You may not realise how much difference your kindness makes: but it will.

Challenge

• Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking of them.



Day 11

You may not realise how much difference your kindness makes: but it will.

Challenge

• Who is the person who understands you more than anybody else? Write to them to express what they mean to you and that you are grateful to have them in your life.



Day 12						
	realise how m	uch differenc	e your kindn	ess makes: b	ut it will.	
Challenge Who is the	person you find ch	allenging to be	around? Try an	d think of some	thing good about	them.



Day 13						
Tiny acts of	kindness make	e a MASSIVE d	ifference to s	omebody else	2.	
Challenge ● Think of so	mething that so	nebody you love	would really lik	e to hear. Find a	way to say it to th	nem.



Day 14

Tiny acts of kindness make a MASSIVE difference to somebody else.

Challenge

• Think of something that you have but you don't use anymore. Find a way to give it to someone who might like it.



Day 15					
Tiny acts of kind	ness make a MA	SSIVE differer	nce to somebo	ody else.	
Challenge Think of someb	ody who hasn't got	anybody. Find a	way to show the	em you care.	



Day 16						
You CAN be	kind to peop	ole you find h	ard to be ar	ound.		
Challenge Describe	:he feeling you ខ្	get when somed	one is kind to y	ou.		



Day 17						
You CAN be	kind to peo	ople you find	l hard to be	around.		
Challenge Describe t	he feeling you	ı get when you	surprise som	eone with a pi	resent.	



Day 18						
ou CAN be	kind to peop	ole you find	hard to be	around.		
Challenge Describe th	e feeling you g	get when some	eone says so	mething nice a	about you.	



Day 19

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

• What are the top three things you like about your favourite person? Write these down and save it for when you speak to them next.



Day 20

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

• What are the top three things you like about your favourite teacher? Write these down and save it for when you speak to them next.



Day 21

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

• What are the top three things you like about you? Write these down and save it for when you feel like they're not true.



Day 22						
	n't kind to you	try to he kij	nd to them			
	ir t kirid to you	i, try to be kn	na to them.			
Challenge Write down	something you le	ove about some	one vou know	Maybe you sho	uld tell them toda	nv.
Wille down	something you it	ove about some	one you know.	viaybe you silot	ala teli tilelli toda	ıy.



Day 23					
If someone isn't ki	nd to you, try to k	oe kind to them.			
Challenge ■ Write down some	thing you do that mal	kes people happy. N	Maybe you should	d do it today?	



Day 24

If someone isn't kind to you, try to be kind to them.

Challenge

• Write down something you could do in your home that nobody would expect you to do. Maybe you should surprise them today.



Day 25			
Being kind is	a decision you make. It might j	ust be the best decision you make	e today.
Challenge What is the	kindest thing you could do to help ar	animal today?	



Day 26					
Being kind is	a decision you ma	ke. It might jus	t be the best de	cision you make	e today.
Challenge What is the	kindest thing you cou	ld do to help an eld	derly person today	?	



Day 27						
	s a decision you mal	<mark>«e.</mark> It might just	be the best c	lecision you m	nake today.	
<i>Challenge</i> ● What is t	e kindest thing you coul	d do to help some	one who isn't we	ell today?		



Day 28	
You will always know when someone has been kind to you, but only if you know what it is	to

Challenge

be kind.

• Who is the kindest person you know? Try doing something they would do.



Day 29

You will always know when someone has been kind to you, but only if you know what it is to be kind.

Challenge

• Who is the kindest character in a film, book or tv show? Try to do something they would do.

ou will always know when someone has been kind to you, but only if you know what it is to be kind. Challenge Who is the kindest version of you? Keep doing things that they would do.



If you want to make the world a better place, be kind in it.

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