

# BROTHERTON AND BYRAM CP ACADEMY

## RANDOM ACTS OF KINDNESS WEEK - 15TH - 21ST FEBRUARY 2021

Dear parents/carers,  
Next week is 'Random Acts of Kindness week' and we would like you to all get involved.

This newsletter includes ways to spread kindness and has ideas for activities that the whole family can take part in.

If your child completes one of the activities, please tweet a picture to **@bandbschool** to share your amazing acts of kindness.

Spread some joy and be kind.

From,  
The Wellbeing Team

### **Make a handmade card**

Whether it's for an upcoming occasion or birthday, there are lots of opportunities to show someone you care! Showcase your creativity through a homemade card. Include your favorite quotes, drawings, anything you think will make someone smile. It could make all the difference in someone's day.

### **Clean your room**

Cleaning your room is a great way to show kindness to yourself. By tidying up, you are showing respect for your personal space and helping yourself feel more organised.

“ Kindness is spreading sunshine into other people's lives regardless of the weather. ”



### **Kindness jar**

Start with an empty jar & decorate it however you'd like. Every time you witness an act of kindness, write it down and place the memory in the jar. Collect memories, observations and unexpected surprises of kindness throughout the week.

Kindness  
is free.  
Sprinkle it  
Everywhere!

### Big Acts of Kindness...

- Plant a tree
- Start a piggy bank and donate the savings
- Give unwanted items to a charity shop



### Love Note

Find your favorite pen and two nice pieces of paper. Write a letter to someone who has changed your life for the better. Tell them how they have helped you. Then send it. Next, write a letter to yourself. Describe all your strengths, skills, values, behaviors and actions that have gotten you to where you are. Seal it in an envelope and put it somewhere that you'll find later when you really need to hear those words.

How many of these 'Random Acts of Kindness' can you complete this week...



- Pay someone a compliment
- Send a letter to a member of your family
- Help your family with jobs around house
- Make someone laugh
- Tell someone why you are proud of them
- Tell someone why you love them
- Spend time playing with your pet
- Say good morning
  
- Bake with someone in your family
- Leave a surprise note for someone in your family