

Kindness, Good Deeds & Appreciation

Part III

Watch these videos:

<https://www.youtube.com/watch?v=T4fInGHiz3M>

<https://www.youtube.com/watch?v=CPZcSVrzUu0>

<https://www.youtube.com/watch?v=RmQczPAz5Os>

Which one did you like the best? Why?




How does this quote link to the videos you watched?

A light-colored teddy bear is sitting on a sandy beach, facing away from the camera. The background is a soft-focus sunset with warm orange and yellow light reflecting on the water. The text is overlaid on the right side of the image.

Be **kind** and
compassionate
to one another,
forgiving each other,
just as in **Christ God**
FORGAVE YOU.

Ephesians 4:32

A bouquet of vibrant orange and yellow flowers, possibly chrysanthemums, is shown in a soft-focus background. The flowers are arranged in a dense cluster, with green foliage visible at the base. The overall tone is warm and uplifting, complementing the positive message of the text.

"A little spark of kindness
can put a colossal burst of sunshine
into someone's day."

- Author Unknown

Acts of kindness & appreciation

How many of the 40 acts have you already completed?

Which acts will you complete this week?

Showing kindness to parents

How can you support your parents this week?

Simple suggestions:

- Go to bed and get up on time
- Do 3 things without having to be told
- Ask your parent if they need help
- Remember to say please and thank you
- Do your maths and English in the morning if you can
- Read each day and practice your times tables
- Organise your school uniform

40 Acts of Kindness for Lent

Write down 10 things you are grateful for.	Say something nice to someone you know.	Recycle as much as you can for a week.	Find out about the life of someone less fortunate.	Leave your grown up a surprise thank-you note.	Help by doing jobs around the house.	Say thank you to five different people today.	Listen to someone carefully.
Offer to make a drink for someone else.	Congratulate someone when they do well.	Be the first to say sorry if you have a disagreement.	Save energy by turning things off if you're not using them.	Upcycle something you would have thrown away.	Follow instructions without complaining.	Find out about a local charity.	Hold the door open for someone.
Read something to an adult at home.	Compliment the person who cooked your dinner.	Clean your bedroom up without being asked.	Play with a toy or game you haven't used for a while – include others.	Find out three things that your adult liked doing as a child.	Let someone go ahead of you today.	Share something with someone else.	Create calendar with a special day for everyone in your family.
Think of five reasons why your life is good.	Draw a cheerful picture for someone else.	Do your homework without being reminded.	See things from a different point of view.	Ask your grown up how their day was.	Make a sandwich for someone in your family.	Tell your adult three reasons why you love them.	Ask your adult if they would like help with anything.
Only say nice things for the whole day.	Help your adult with an outside job (wash the car, sweeping etc)	Make a thank-you card for someone.	Sort out your toys – can you donate something to charity?	Allow someone to help you and say thank you.	Give someone the benefit of the doubt.	Answer 20 questions at http://www.freerice.com/	Remember how you felt when you were kind.

See if you can tick off all of these acts of kindness during Lent.

You only have to do one each day and you don't have to do them in order.

Think about how it makes you feel each time you do something kind for someone else.



Be Kind