

Showing gratitude

Once you start looking, you will find that there are so many things that you can be grateful for!

Start by writing down three things that you are grateful for today:

1.....
2.....
3.....

You could keep this habit up and start a gratitude diary every day, or week.

Now, think of someone you want to thank for the kind things they do for you. Use this space to write them a letter, showing that you notice what they do, and explaining how it helps you.

Dear.....
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From.....
.....



SECRET KINDNESS MISSION LOG



NAME.....




You are on a top secret mission to spread kindness to people around you.

Over the next few weeks, you will need to come up with a series of acts of kindness that you can carry out without letting people know that you are responsible.

You will record your acts of kindness in this secret log. It will be up to you whether you reveal them later or not.

The most important thing is that you do your best to come up with thoughtful, creative and fun ways to help others.

Here are some ideas to get you started...

-  Cheer someone up by praising them for something you admire
-  Tidy up for someone else while they're not looking
-  Look for opportunities to help others with regular chores, or see if there's a way you can support them around something important

And remember...

If you get caught, or catch someone else in the act, keep quiet so you don't spoil their secret deed. You will have a chance to reveal your acts later and say thank you to others.

Secret Kindness Mission 1: Help a friend

Got a friend in need? Brighten up their day with a kind and thoughtful deed.

WHO DID YOU HELP?

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WHEN?

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What did you do?
Write or draw about it here

How did it make you feel?
Write or draw an emoji.

How do you think it made them feel?

Secret Kindness Mission 2: Help a family member

Tidy your room, make someone breakfast, help with the chores or whatever your family need the most!

WHO DID YOU HELP?

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WHEN?

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What did you do?
Write or draw about it here

How did it make you feel?
Write or draw an emoji.

How do you think it made them feel?

Secret Kindness Mission 3: Help someone who usually helps you!

It could be a teacher, parent/guardian/family member, bus driver, librarian, shopkeeper – how could you help them for a change?

WHO DID YOU HELP?

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WHEN?

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What did you do?
Write or draw about it here

How did it make you feel?
Write or draw an emoji.

How do you think it made them feel?

Secret Kindness Mission 4: Help your community

Whether it's at your school, on your street or some other group you belong to, think of a way you can help others.

WHO DID YOU HELP?

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WHEN?

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What did you do?
Write or draw about it here

How did it make you feel?
Write or draw an emoji.

How do you think it made them feel?