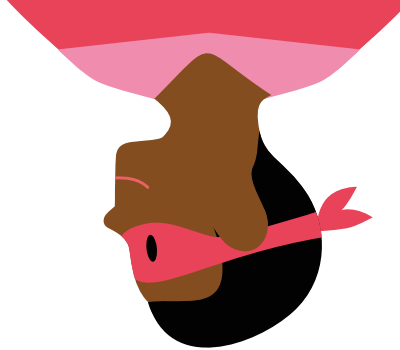


QUIET KINDNESS!



WHAT YOU WILL NEED

- Lots of ideas
- Pens and paper
- Masking tape



INSTRUCTIONS

- Today's kindness challenge is a very special secret mission from Captain Kindness himself: How many people can you do something nice for without them realising it was you!

- Before you start, have a think about all the secret acts of kindness you could do - maybe put a nice message on a neighbour's door, tidy a room of your house when no-one is looking or put a small present in a friend's bag for them to find.

EXTRA QUESTIONS

- How did it feel to do kind things in secret?
- Do you wish they knew it was you who had done the nice things?
- How would you feel if someone did something nice for you and you weren't sure who it was?



CAPTAIN KINDNESS!



ACTIVITY

