



Word of the week is:

Theme of the week is:

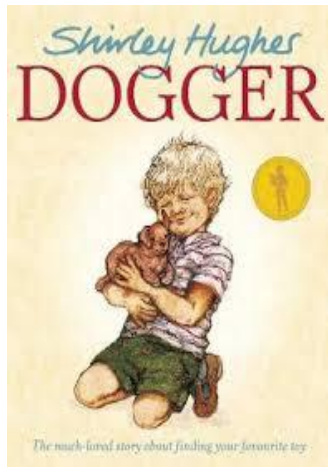
Kind

Hands

Activity 1 👍👎 Indoor activity story time

<https://www.youtube.com/watch?v=jNOYgRf5jes>

A story of kindness



Activity 2 👍👎 Kindness tick list

- Smile at someone
- Do a chore for someone
- Make a drink for someone
- Draw a picture to give it to someone
- Make someone laugh
- Take care of your pet
- Tidy your bedroom
- Share something with someone
- Donate your old toys to charity
- Give your time to someone

**And they are all free!**

### Activity 3 👍👎 Family Activity

#### **Daily act of kindness**

You will need;

- Coloured paper
- A jar
- Pen



On every piece of paper write the name of a family member.

You can decorate the jar with kind words

Throughout the day pull out the names and do one kind thing for this person.

Note their reaction to your kind deed.

How does being kind make you feel?

### Activity 4 👍👎 I owe you a hug

As social distancing continues, sending an IOU hug to someone special is a really kind thing to do.

Use some of the ideas below or create your own big hug card for someone you miss very much.



Activity 5 👍🗨️ Creative activity

### 365 days of random acts of wildness



<https://www.wildlifetrusts.org/wildness>

Here there are several activities to encourage us to be kind to ourselves and our environment.

From indulging in a natural facemask to looking for minibeasts

Lots of downloadable activities and an app too.



Have fun!

Activity 6 👍🗨️ older child/family

### Create your own kindness reminder poster



Using the famous quote above (or another one that reminds us to be kind), design your own poster to place either in your bedroom, on a window or in your kitchen.

This will help to remind you and your family that kindness is never wasted.

Activity 7 👍👎 Family activity

### Iced fairy buns to share

#### Ingredients

100g caster sugar  
100g very soft butter  
100g self-raising flour  
2 eggs  
1 tsp vanilla extract



#### For the icing

200g very soft butter  
200g icing sugar  
food colouring, sprinkles, marshmallows

#### Method

1. Ask a grown-up helper to turn the oven on to 180C/160C fan/gas 4. Put a paper case in each bun hole.
2. Put the sugar and butter (it must be soft or you won't be able to mix it properly) in a bowl and mix it together. Sift in the flour.
3. Break the eggs into a separate bowl (spoon out any bits of shell that fall in) and add them to the bowl with the vanilla. Mix everything together.
4. Divide between the cases using a spoon, scraping it off with a knife. Ask a grown-up helper to put the tray in the oven for 20 minutes.
5. Mix the butter and icing sugar to make a creamy icing. Add colouring, if you like. Push an icing nozzle into an icing bag, then scoop in the icing.

Let the cakes cool completely in the tray. Pipe icing onto each cake and decorate with marshmallows or sprinkles, or whatever you like

Activity 8 👍👎 Adult activity

### How one act of kindness a day can change your life



[https://www.ted.com/talks/mark\\_kelly\\_how\\_one\\_act\\_of\\_kindness\\_a\\_day\\_can\\_change\\_your\\_life?utm\\_campaign=tedsprea&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/mark_kelly_how_one_act_of_kindness_a_day_can_change_your_life?utm_campaign=tedsprea&utm_medium=referral&utm_source=tedcomshare)