

Be Kind

<p>Give a family member a hug when they really need it.</p>	<p>Help someone with a job around the house- without being asked.</p>	<p>Make a card for someone thanking them for what they do.</p>
<p>Draw/paint a picture for your best friend. Keep it until you can give it to them in person.</p>	<p>Make someone in your house laugh when they need cheering up.</p>	<p>Clean out your bedroom and donate any unwanted/unused toys to charity.</p>
<p>Make a bookmark for someone who loves to read.</p>	<p>Spend time really listening and talking to your family members with no distractions.</p>	<p>Smile at someone in your house. See if they smile back. I bet they do.</p>
<p>Organise something fun for your family- a quiz, a game, picnic (ask your parents first)</p>	<p>Say something nice to someone. Compliment them e.g. your hair looks nice today</p>	<p>Make a phone call and speak to someone you love who doesn't live in your house.</p>