

# KINDNESS ACTIVITY

Kindness keeps the world spinning. Read about ways you can be kind and use them to come up with your own ideas. Can you draw inspiration from *The Happy Newspaper* news stories?

## How can you be kind to you?

- Spend ten minutes doing nothing - sit, close your eyes and breathe.
- Write down three things you are good at.

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## How can you be kind to someone else?

- Help set up and clear the table after dinner.
- Hold the door open for someone.

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## How can you be kind to the planet?

- Plant some wildflowers in your garden.
- Recycle some packaging.



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