

KINDNESS ACTS

Choose the kindness acts you'll do across a week as part of the Kindness Challenge.

Spread a little kindness across your school community while helping Childline be there for more children.



IDEAS



Smile and get a smile back



Share a toy with another child



Play with someone you don't normally play with



WRITE AND DRAW YOUR OWN

childline

ONLINE, ON THE PHONE, ANYTIME



If you ever need support you can call **0800 1111**, or visit **childline.org.uk/kids**

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