

# WRITTEN ACTIVITY

Kindness can help you to learn more about yourself and others. Compassion, generosity, consideration and gratitude are all a part of being kind. You learn essential life lessons and gain new perspectives when you perform a simple act of kindness that improves someone else's situation.

**The Kindness Challenge is set, you're helping to create kindness and raise money for young people. Spend some time thinking about what kindness means to you and have fun doing these activities.**



## WHAT DOES KINDNESS MEAN TO YOU?

A large rectangular area with a light blue border, containing 15 horizontal dashed lines for writing.

**the KINDNESS challenge**

**childline**  
ONLINE, ON THE PHONE, ANYTIME

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

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