

BEING KIND: CAN YOU FILL THE BUCKET WITH KINDNESS?

INSTRUCTIONS

1. Colour in and decorate the bucket.
2. In groups, talk about the different ways you can be kind. You might want to think about kind things other people have done for you, kind things you've done for yourself, and kind things you've done for others, animals or the planet.

Here are some ideas to get you started:

- Giving money to charity.
 - Sharing a snack with a friend.
 - Use kind words to talk about your body.
3. Write your ideas down so you fill the bucket with kindness. You can write directly on the paper or use Post-it notes.



Kindness: Being friendly, helpful, and generous with our words and actions, without expecting anything back.

the
KINDNESS
challenge



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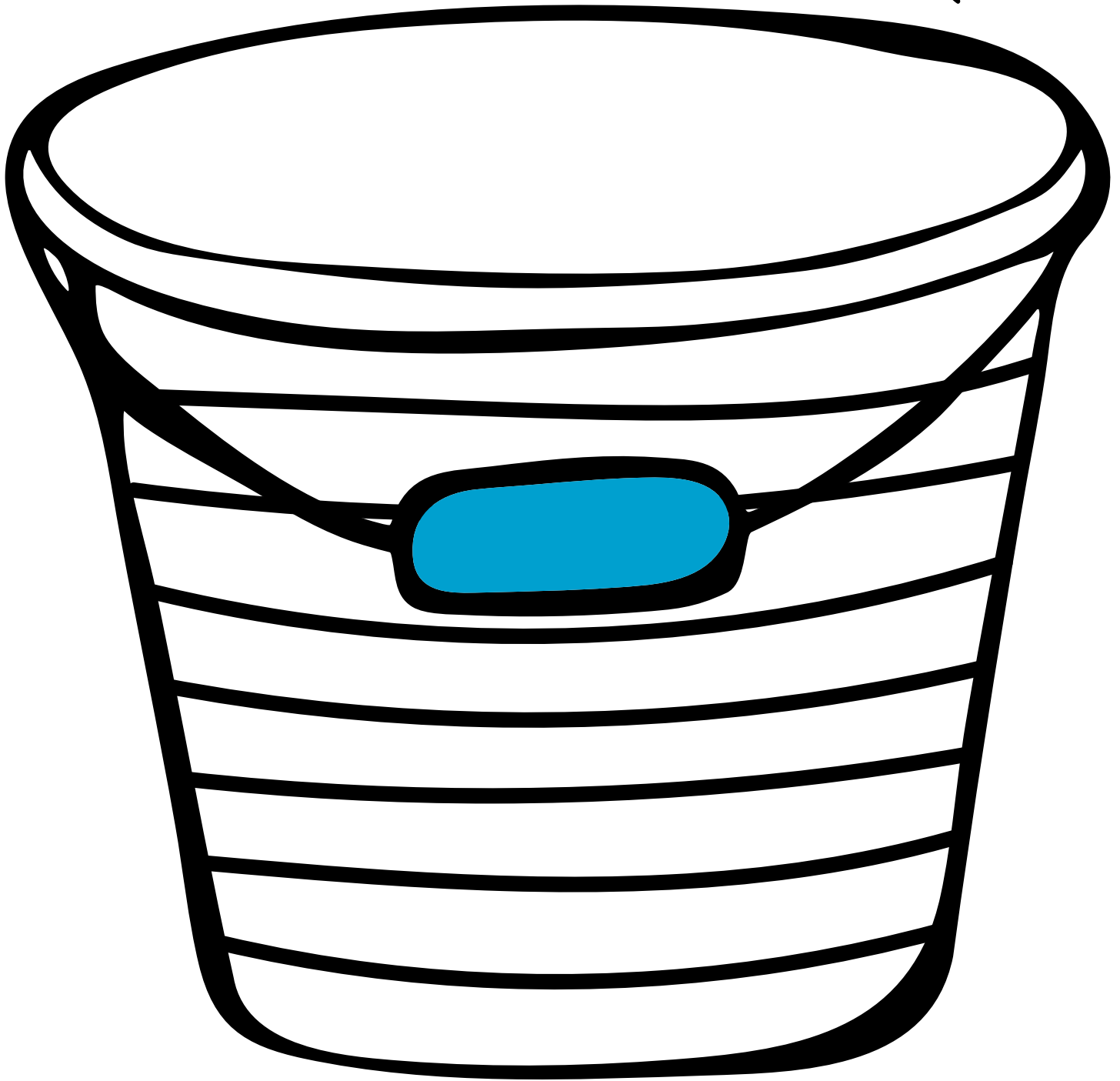
ONLINE, ON THE PHONE, ANYTIME

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

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COLOUR ME IN



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