

What is something that made you feel happy today?

Student

Tutor

What is one time a small act of kindness made a big difference in your day?

Student

Tutor

Plan A Day Of Kindness: Research shows that filling a day with acts of kindness is more beneficial to our mental health than acts of kindness spread throughout our week.

- Together, choose a day to complete acts of kindness in your own lives.
 - Brainstorm some acts of kindness you could do that day!

Our Acts of Kindness