










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

 <p>Be there for a friend</p> <ul style="list-style-type: none"> Remind them you're there to listen if they ever want to talk about any issue big or small. 		
 <p>Be kind to yourself</p> <ul style="list-style-type: none"> Do something you love that makes you feel good. Next time you're feeling down or overwhelmed remember to be kind to yourself and try doing the thing you love. Browse childline.org.uk/toolbox/mental-health-first-aid-kit and childline.org.uk/toolbox/calm-zone for extra advice and support. 		
 <p>Chat to someone in your class you don't normally hang out with.</p> <ul style="list-style-type: none"> Learn something about them that you didn't know before. 		

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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