

One act of kindness a day jar

Lockdown life can be stressful so try an act of kindness a day to help raise spirits in your household.

Get started by finding a jar to fill with acts of kindness. Now we need to fill it, cut strips of paper and write simple activities and gestures on them that will bring happiness to your household. We have listed a few examples below.

Once your jar is full of kindness you need to act on it. Each day pull a piece of paper out the jar, complete the action written on it and put a smile on someone's face.



Compliment someone

Tidy up

Give a hug

Phone a friend
or family member



Make a gift

Go on a family walk

Tell a joke

Tell your parents
you love them

Help with chores

Teach someone
something new



Feed the birds

Set the table for dinner



Find more activities at
www.southsomerset.gov.uk/childrensactivities