



# SPCEDS Kindness Challenge

At the moment things seem very uncertain and a little overwhelming at times, so our next two-week challenge focuses on kindness. We have already seen and heard about many acts of kindness so we should all be able to excel at this challenge.

**The power of kindness calendar**  
Use your calendar to record your daily kindness acts.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●
●	●	●	●	●	●	●

**Congratulations**  
Being kind sends a powerful message about our connections to each other and the world around us.

**BritishRedCross**      **The power of kindness**

[Red Cross Resources](#)

What does kindness mean?

(Write or draw).

Can you complete up to 5 acts of kindness?

(Record them in any way you want).

How can you be helpful at home?

What have you done to be kind to yourself?

How could you extend your kindness into the community?

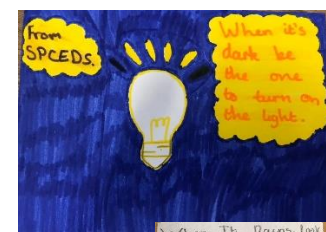
(Phoning a relative, writing a letter, drawing a picture or giving a smile).



A message of thanks and hope for our Key Workers.



Help around the home by helping cooking tea.



Y6 made positive postcards, which feature daily on Twitter. Send one to Miss Bird on [Y6@spaldingparish](#) [h.lincs.sch.uk](#) for her to brighten up the world's day.



Share your acts of kindness with us on Twitter or the Year Group emails.

