



What is 'kindness'?

What examples of acts of kindness have you seen?

What effect / impact do you think these random acts of kindness have had on others?



What ideas do you have for what you could make as your random act of kindness pledge?

Here's a link to over 50 suggestions for some inspiration

<https://www.mentalhealth.org.uk/sites/default/files/50-random-acts-of-kindness.pdf>

*Write your ideas here:*



My random act of kindness pledge is...

I, \_\_\_\_\_ pledge to

\_\_\_\_\_ as part of

# **‘Random Acts of Kindness Week’**

Signed \_\_\_\_\_ Date \_\_\_\_\_

