

STAY SAFE

Make sure you have permission and support from an adult you know BEFORE you take on any activity outside the home/outside of school

Kindness is giving to and caring for others

Show kindness to your family	Phone a relative or person in your family you haven't seen for a while for a chat (1) <input type="checkbox"/>	Complete five small (5-minute) jobs to help out at home (1) <input type="checkbox"/>	Offer to help with the family shop (doing the shopping or helping unpack and putting this away) (1) <input type="checkbox"/>	Complete one large job (30+ minutes of effort, to help at home) (2) <input type="checkbox"/>	Help with the cleaning or washing at home once in a week (1) <input type="checkbox"/>
Show kindness to your friends	Send 2 different friends a positive message (written or image) every day for a week. (2) <input type="checkbox"/>	Write a card to a friend saying why and how you value their friendship (1) <input type="checkbox"/>	Bake/make some cakes/cookies and share these with friends for no reason (2) <input type="checkbox"/>	Invite someone who you don't normally play sport/chat/sit with you at break/lunch. (1) <input type="checkbox"/>	Help a friend with a project they are doing or piece of homework (1) <input type="checkbox"/>
Show kindness to your teachers/ the school community	Help your form tutor or company for 30 minutes (2) <input type="checkbox"/>	Over the course of a week say thank-you to every teacher at the end of your lessons (2) <input type="checkbox"/>	Hold the door open for others on five occasions during a week. (1) <input type="checkbox"/>	After talking to your company team complete a litter pick after school (1 bag or 30 mins) (3) <input type="checkbox"/>	Make a digital message (< 60 seconds) about KAPP and why it is important for us all – share this with Mrs Ward (3) <input type="checkbox"/>
Show kindness in the wider community	Donate a small bag of items (with parental permission) to a charity shop/clothes bank (2) <input type="checkbox"/>	Under supervision of a parent/carer complete a litter pick collecting 1 bag of rubbish/or picking for 30 mins. (3) <input type="checkbox"/>	Help out (with a session for a lower age group) in an organised club (e.g. dance, sports, cubs/Brownies or similar) (2) <input type="checkbox"/>	Take part in an organised event for charity (with permission and supervision from your parent/carer) (3) <input type="checkbox"/>	With parental permission complete a voluntary session to support a charity (3) <input type="checkbox"/>
Be kind to yourself	Download/ listen to a 20-minute meditation/ relaxation podcast (1) <input type="checkbox"/>	Complete a session of yoga or stretching on YouTube. (1) <input type="checkbox"/>	Watch one of the self-care videos on https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/ (1) <input type="checkbox"/>	Take part in a physical activity session/ go for a run (1) <input type="checkbox"/>	Over the period of 6 weeks log 6 physical activity sessions/sports sessions (This could be a school club!) (5) <input type="checkbox"/>

For each kindness challenge you complete put a tick in the box and get an adult to sign their initials to say they agree it has been fully completed. We'd also like to see any photo's/testimony of you carrying out these acts of kindness and the positive impact they have.

(This can be a parent/carer/another adult you know/family member/your teacher/tutor/company team)

Good luck and be kind!!

DHS student kindness passport



Kindness is the act of helping others and
lighting up their day 9ZRe

Kindness is the glue that
keeps the world
together. (10MTa)

Kindness is a small act with a powerful
impact. 8Kfo

*Remember there is no such thing as a
small act of kindness every act creates a
ripple with no logical end. (11MKy)*

*Kindness is the
power to change
someone's day for
the better. (TGi)*

How your kindness passport works...

- Earn 10+ points achieve your bronze kindness badge
- If you already have your bronze seahorse badge earn 18+ points to achieve your silver kindness badge
- If you already have your silver seahorse badge earn 25+ points to achieve your gold kindness badge.

Kindness is a long-term change in what we do and how we act. Each level should take a minimum of 3 weeks to undertake. The actions are not to be rushed through but are set up to make our habits improve and change in the longer term

Start date:

Level completion date:

Name..... Form..... Company.....