

Daily Task 18.5.20

Monday Mindfulness

Being kind is always important but it can make us feel happy too and this can help our own wellbeing.

Today I would like you to complete an act of kindness.

Here are some ideas below or you could think of your own! I look forward to hearing what you decided to do.

- Ask Mum or Dad if there is anything you could do to help around the house
- Send an email/letter/message to a friend or member of your family
- Leave positive chalk messages around where you live
- Send a postcard to somebody you are missing
- Help make a meal for your family
- Tidy up your bedroom

Have a lovely, kindness-filled day!