

## Little Acts of Kindness

It doesn't take a lot to pass on kindness and make someone else's day a little brighter.

Sometimes we get the small things and the many ways that we can make our friends, our relatives, and even strangers feel just a little bit better.

Watch this first video and see how little changes can be passed on to make the world a better place just by thinking of others.

[https://www.youtube.com/watch?v=X3ld9\\_p2bS0](https://www.youtube.com/watch?v=X3ld9_p2bS0)

Okay, so now you're thinking "What can I do?"

Small things can make a huge difference, watch this video of a girl deciding on 20 things that would make little differences to others as she celebrated her 20<sup>th</sup> birthday.

<https://www.youtube.com/watch?v=AFTBBKIX760>

Here are some ideas of 'Little Acts of Kindness' that you could do to improve somebody's day:

Write a note to a friend?

Clean your room without being asked?

Make a grown up a drink?

Help with some gardening?

Help make lunch or tea?

Wash up? Help wash your clothes?

Try it and see if you feel better for trying to be kind...