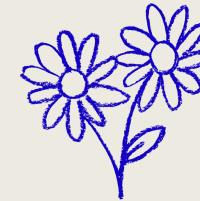


# 28 Days of Kindness



<b>Day 1</b> <input type="checkbox"/> Hold the door open for somebody	<b>Day 2</b> <input type="checkbox"/> Pass on a smile	<b>Day 3</b> <input type="checkbox"/> Hang up a coat or bag if it's fallen from a peg	<b>Day 4</b> <input type="checkbox"/> Let somebody go before you in a line	<b>Day 5</b> <input type="checkbox"/> Write a thank you card to someone	<b>Day 6</b> <input type="checkbox"/> Give someone a compliment	<b>Day 7</b> <input type="checkbox"/> Help tidy up at home
<b>Day 8</b> <input type="checkbox"/> Offer to play with someone who may be on their own	<b>Day 9</b> <input type="checkbox"/> Ask a friend how they are feeling today	<b>Day 10</b> <input type="checkbox"/> Leave a kind note for someone	<b>Day 11</b> <input type="checkbox"/> Teach someone something new	<b>Day 12</b> <input type="checkbox"/> Make a bookmark & leave it in a book for someone to find	<b>Day 13</b> <input type="checkbox"/> Create kindness rocks & leave them for people to find	<b>Day 14</b> <input type="checkbox"/> Halfway! You decide! 
<b>Day 15</b> <input type="checkbox"/> Read a book with a friend	<b>Day 16</b> <input type="checkbox"/> Include someone new	<b>Day 17</b> <input type="checkbox"/> Say 3 positive things to someone today	<b>Day 18</b> <input type="checkbox"/> Make a kindness poster	<b>Day 19</b> <input type="checkbox"/> Help set the table for dinner	<b>Day 20</b> <input type="checkbox"/> Donate things you no longer play with	<b>Day 21</b> <input type="checkbox"/> Cheer someone up who is feeling down
<b>Day 22</b> <input type="checkbox"/> Tell someone why they are special to you	<b>Day 23</b> <input type="checkbox"/> Only kind words today!	<b>Day 24</b> <input type="checkbox"/> Leave notes of encouragement for people to find	<b>Day 25</b> <input type="checkbox"/> Help someone who is finding their work tricky	<b>Day 26</b> <input type="checkbox"/> Recognise someone else's achievements	<b>Day 27</b> <input type="checkbox"/> Make a card or drawing for someone you love	<b>Day 28</b> <input type="checkbox"/> Be kind to yourself!