



Headstrong

Week 18





Laura Cole

HEALTHY SCHOOLS

CHALLENGE:

Try and do a daily kind deed every day this week (ideally for even longer). As a form come up with ideas that you could implement to be kind to those in our school community, but also with friends and family.

Challenge 1

Random Acts of Kindness Ideas

1. Post **positive** notes around your community.
2. Randomly pick a small business/lesser known author to leave a **review** for.
3. Choose a friend and **celebrate** them.
4. Give **compliments** to the people you interact with.
5. Tip extra or put your loose change in **tip jars**.
6. Use sidewalk chalk to **write** out positive messages.
7. Send **letters** with tons of stickers to the kids in your life.
8. Buy a **gift** for a child in foster care.
9. Leave **change** in vending machines.
10. Connect a **charity** to your Amazon account.
11. See if your local **shelters** have Amazon wishlists so you can send essentials.
12. Pay for the person in line **behind** you.
13. Collect **litter** that you see on the ground when you're out.
14. Leave **food** out for the birds or wildlife in your area.
15. Make a **meal** for someone who might need one.

HEALTHY SCHOOLS

CHALLENGE:

Challenge 2

A new mental health cafe is being created locally and the team setting it up would like to hear from students about how they would like it designed and ideas for names. Anyone who enters is in with the chance to win a prize!

To access the survey this can be found via link here:

<https://www.smartsurvey.co.uk/s/V0Q1SR/> or by QR code:

