

## *Kindness Cards – Teachers Instructions*

1. Complete the gaps with acts of kindness
2. Cut out the cards and decorate them to make them eye-catching
3. Ask the students to write the first part of their postcode on the back eg- SG18
4. Fill in the school name
5. Ask the students to spread these around their local area, if they visit relatives etc
6. Hopefully each person who receives the card will complete the act of kindness, write their postcode and at some point in the future report back to the school so you know how far it has travelled!
7. Students should learn that you do not have to get something in return to complete an act of kindness

*No act of kindness,  
however small,  
is ever wasted  
– Aesop*

<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Buy someone a bunch of flowers</b> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>
<div style="border: 2px solid teal; padding: 10px; text-align: center; margin-bottom: 10px;"> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid teal; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Leave a note on a bench with a quote about being special and unique</b> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid teal; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Call a family member or a friend and tell them that you love them</b> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>
<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Hide a five pound note in a child's library book</b> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>	<div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;"> <b>Tell someone they look nice today</b> </div> <p>If you find this card please complete the act of kindness, complete the first part of your postcode on the back and place this card in another location. If this card has travelled far please notify the school so they can see how much kindness spreads.</p> <p><b>School:</b></p>