



**FOXY SAYS CAN YOUR  
SCHOOL FIND  
73 RANDOM ACTS OF  
KINDNESS  
TO PARTICIPATE IN FOR  
THE NHS SUPER HERO  
CHALLENGE DAY**

*30 Random Acts of Kindness for Primary School Children.*

On the Playground	In the Hallway.	In the Classroom.	Towards Adults.	Towards Other Children.
Pick up a piece of litter and put it in the bin.	Smile and say hello to another person.	Give a friend a thank you letter.	Say hello to somebody else's Mum in the morning	Offer to read a younger child a story.
Invite someone playing alone to join in your game.	Open the door for another person.	Donate some Dojo points to somebody that you think deserves them.	Give an adult that works in your school a compliment.	Tell another child 'Good Job' on a piece of work they have done.
Let somebody go ahead of you on the playground apparatus.	Pick up something that has fallen off a display and give it to an adult.	Help somebody who is struggling with their work.	Offer to help with the washing up or tidy your bedroom at home.	Make a friend with somebody new at your school.
Offer to play with somebody younger than you.	When lining up for assembly or dinner let somebody go ahead of you.	Give somebody a compliment about what they are wearing or their hair	Say something nice to your Mum or Dad.	Help another child by carrying their bag or lunch box.
Ask an adult on the playground how their day has been.	Help somebody that has dropped something.	Tidy up the classroom.	Give an MSA or TA a thankyou card.	Make a kindness note or letter for a friend.
Try and start a game that involves everyone in your class.	Help a younger child who may be lost.	Leave a nice note for your teacher.	Tell the school cook how nice the dinner was.	Say hello and smile at as many other children as possible.

