



School wallchart

Sundays are rest or catch-up days

#generosity1

List 5 things you are thankful for

#encouragement2

Surprise someone with a compliment

#provision3

Do you have a duplicate of something, like a sticker or toy? Consider giving one to someone who'll love it

#connection4

Smile at ten people today

#share5

Share a ruler, eraser or colouring pencils with someone who asks to use them

#language6

Learn to say hello to someone in their first language

#wonder7

Tell someone what makes them special to you. This can be in a letter, or in conversation

#offerings8

Decorate a giving jar to start collecting loose change, or pocket money that you save just to give away

#blessing9

Help with washing up after art lesson or load the dishwasher at home/child-minders or school

#support10

Say thank you every time someone does something for you today, no matter how small

#brew11

Offer to get a drink for a grown up or fill a friend's water bottle

#seen12

Smile at everyone who goes past you

#bestow13

Make a poster about a local food bank and share it with your class

#hospitality14

Leave fresh water or seeds out for the birds, or refill your pet's food/water bowl at home

#appreciation15

Find something you have in common with 5 different people

#equip16

Find something broken and fix it

#feed17

Thank the person who gave you lunch today

#value18

Notice something an adult in school does today to help you and say thank you

#message19

Draw a picture that will make someone smile and give to them

#kindness20

Offer to carry someone's schoolbag or allow someone to take your place in the lunch queue

4 acts School wallchart

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#wisdom21

Help someone with a task they find difficult, like reaching or putting on shoes

#converse22

Learn how to say 'hello' in sign language

#family23

Make a friendship bracelet and give it away

#care24

Tidy up for someone without being asked

#gratitude25

Make a thank you card for your classroom/school cleaners

#service26

Offer to carry a friend's schoolbag

#presence27

Help someone with a challenge and support them until they're confident

#prayer28

Take some time to sit quietly and give thanks for all the things you have and all the people you love

#champion29

Turn the lights off as you leave an empty room throughout the day

#neighbour30

Is there someone in your class or school you haven't talked to? Start a conversation and see where it leads

#nourish31

Eat the healthy bits of your lunch first and really enjoy any treats

#believe32

Ask your teacher to tell you a story of a time when they were generous, or experienced generosity

#cake33

Cheer when someone does something great today

#light34

Turn a piece of scrap paper into something artistic and give it away to someone

#welcome35

Invite someone to sit next to you at lunch today

#percentages36

Let someone go ahead of you in a queue

#love37

Tell someone how much you love them, then show them with little acts of love

#gifts38

Share one of your favourite things with a friend

#time39

Ask someone how they are feeling today and listen to their answer

#reflect40

Congrats on reaching 40! Share which challenges were your favourite