



# Lent- 40 Days of Kindness



1. Welcome change- Sit with a different person during eating time.



2. Smile whenever possible- share a smile.



3. Unfold your thankful heart- use your initiative, do some chores at home without been asked.



4. There is big magic in simple things - take a minute to look and appreciate nature.



5. Now is enough- say a prayer of Thanksgiving.



6. Happiness is an inside job- compliment someone.



7. Share the warmth of your heart- pray for your loved ones.



8. Together we can lift hearts- pray for the sick.



9. Cultivate goodness- offer to help someone.



10. Say it with your heart- pray for our Church leaders.



11. Let there be a kind touch with everything you say and do- pray for your teachers.



12. Walk as if you are kissing the Earth with your feet- pick up rubbish on the playground.



13. Nurture nature- water the plants at home.



14. Choose to be optimistic- when someone says they can't, remind them that they can't YET.



15. You are loved and supported- give a friend the thumbs up when they do something awesome.



16. Be kind- draw a special picture for someone.



17. Let a smile spread through your heart- give someone a hug.



18. Make a great day today- Hi- 5 a friend.



19. Lead with joy in your heart- ask someone that you don't normally play with to join in with your game at lunchtime.



20. Send love to all those who touch your heart- write a special card or letter for someone.



21. Quiet the mind- pray outside in silence.



22. Ripple goodness- when something wonderful happens today, say aloud "thank you God!"



23. One step at a time- use positive self-talk when things are challenging



24. Let us be kinder to one another - if someone hurts you, forgive.



25. Be kind wherever possible, it is always possible- share your toys with your family or friends.

26. It doesn't matter what you do, it is how you do it- help your teacher tidy the classroom.

27. Direct your mind towards compassion- when someone is hurt, use words and actions to comfort them.

28. Laughter is the best medicine- make your friends laugh and laugh with your friends.



29. You are blessed in so many ways- set the dinner table.



30. Do small things with great love- offer to help your family with the dishes after



31. You can't stop the waves, but you can learn to surf- set a positive intention for the day.



32. We are powerful when we come together- put some extra money in the class Caritas box.

33. Be filled with gratitude- write a thank you note for someone.

34. A calm mind is a creative mind- meditate today.



35. Be generous- With your family begin a clothes and toys donation box at home.

36. Be faith-filled- Say a decade of the Rosary.



37. Breathe in God and exhale love- say the Our Father holding hands as a class.



38. Be thankful for great food and company- say Grace before meals.



39. Problems are portals for transformation- Take a quiet moment today to speak to God about a problem or worry.



40. When you touch one person's heart, you have changed the whole world forever- make 'love lenses' (the shape of a heart using your hands), look through them, and turn to someone.

