

The challenge

Spread kindness challenge

Right now, we are all getting used to living in a different way.

Many of us may be missing our friends, relatives, teachers and normal routines.

That is why it is more important than ever to show kindness to our parents, carers, relatives, neighbours and teachers. Kindness helps us all to feel more connected and making someone smile can brighten up their whole day!

Spreading kindness doesn't only help other people - it can make us feel really good too!



Recently, we have seen lots of amazing acts of kindness:

- Top chefs came together to deliver wonderful food to NHS frontline workers in London.
- Inspired by football player Marcus Rashford's campaign to end child hunger, small businesses across the country supported their local communities.
- Volunteers are calling the elderly and people shielding so they have someone to talk to.
- People in Yorkshire left bouquets of flowers in public places for people to find.
- Thousands of volunteers are giving up their time right now to help the general public receive the Covid-19 vaccine.

At the Premier League, our clubs are working together to spread kindness far and wide by supporting the NHS and communities.

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Over to you...

We would like you to choose some acts of kindness to carry out this week. You can use the **Exploring kindness** activity sheet to help you start thinking of some ideas.

Once you have chosen your acts of kindness, we would like you to draw a picture of yourself carrying them out using the **My acts of kindness template**, or just a piece of paper. When you're finished drawing, remember to do the kind things you've thought of!

You could:

- make a thank you card or write a note for someone who has helped you - this could be for your parent or carer, your teacher or even the postman / postwoman or waste collector
- set the table for dinner, make your bed, feed a pet
- help out your parent or carer by doing a household task
- help your family with shopping for an older person who may not be able to go outside
- make an effort to speak kindly to your sibling

Once you have completed the challenge, share your drawing with us at @PLCommunities and hashtag #PLPrimaryStars or email it in to us at plprimarystars@premierleague.com for a chance to be featured as our Star of the Week.

