

The Challenge

Be kind 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, siblings and neighbours. Kindness helps us all to feel more connected and making someone smile can brighten up their whole day!

We have seen lots of amazing acts of kindness in recent weeks, from Captain Sir Tom Moore raising money by walking around his garden, to the whole country coming together to clap for NHS heroes on a Thursday night. At the Premier League we and our clubs are working together to spread kindness far and wide by supporting the NHS and communities.



Over to you...

We would like you to set some kindness goals for the week - you can use the *Kindness Goals* worksheet to note them down, or your own piece of paper.

You could:

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

To help you get started, fill out the Exploring Kindness worksheet, below, before you set your goals. Share your acts of kindness with us on Twitter **@PLCommunities #PLPrimaryStars** or via email at **PLPrimaryStars@premierleague.com**. You could send in a photo or video of your act of kindness, or simply share your completed *Kindness Goals* worksheet with us.