

Kindness is Magic

To finish our 'Thankfulness' topic we are exploring random acts of kindness. At this uncertain time, we might be feeling a huge mixture of emotions. We may be worried, nervous or anxious about a variety of things. We might be feeling annoyed, frustrated or upset that we can't leave the house to see our friends. We might be starting to feel fed up that we are stuck in the house! So during this time to cheer up others in your family or in the community why not carry out some random acts of kindness?

- Around the house you could do things you do not usually do like keep your bedroom tidy or perhaps clear the table after dinner?
- In the community you could decorate some pebbles with words of joy for others to see- such small things might make someone's day!
- Where I live, children have made a 'village snake' Someone painted the head of the snake and then everyday different children have been adding their pebbles onto it and the snake has become longer and longer!
You might be able to arrange a place to do this in Beckton!
- You could post a card or happy note through a neighbour's letterbox
- You could say 'Good Morning' or 'Good Afternoon' when you see others going on their daily walks.

These are just suggestions and you may come up with other ideas!