

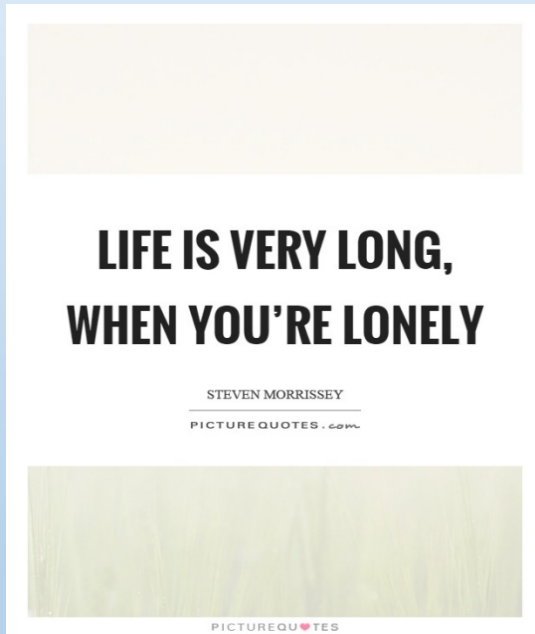
Prospects Course Act of Kindness Challenge



WILL YOU
⚡ACCEPT⚡
THE CHALLENGE?

Kindness 

For some people in our community can feel lonely or find life difficult and challenging



Kindness



What can you do?

Think about all the people in your community, choose an individual or a group you would like to help and perform an Act of Kindness

Kindness



Act of Kindness Ideas

- Write a letter to an elderly resident in a nursing home
- Do some shopping for a neighbour who finds it hard to get out
- Help a friend, elderly person or family member with household chores
- Sign up to do some voluntary work in your community
- Have a clear out and take things to a charity shop
- Bake a cake to for a charity event
- Walk a relatives or friends dog
- Offer to help a community organisation tidy their garden
- Do some litter picking in your local area

Kindness



Thinking
of
you

Well Done!!

When you have completed your act of kindness make a note of it and tell us all about it when you start college.

We can use your ideas to help your group decide on a joint Community Project for the Prospects Course.

Kindness

