



Parent Guide

How can I use this with my children?

Encourage your child to be kind during Lent with these 40 acts of kindness. Challenge your child (or the whole family) to carry out the acts of kindness described here (or adapt them to better suit your family).

How does this help my children's learning?

Showing appreciation of others around them and carrying out some self-less acts can help your child understand the world around them and support their social skills.

Ideas for further learning:

Why not create a list of things you can do together to support your child being kind to themselves and others every day?



40 Acts of Kindness for Lent

Say thank you to someone who helps you.

Learn a new skill and share it with a family member.

Donate something to a local food bank (check their requirements first).

Give a family member or friend a hug.

Leave a positive note in a library book.

Smile at everybody you meet today.

Hold the door open for someone.

Call a family member for a chat.

Invite someone to play in the playground.

Let someone go in front of you in a queue.

Help unpack the shopping.

Plant something.

Say hello to everyone you see.

Paint rocks and hide them for others to find.

Do a favour for someone.

Use kind words all day.

Help someone do something they need help with.

Write a list of the kind people in your life and thank them.

Donate something to a local animal shelter (check their requirements first).

Write a thank you note to a friend you appreciate.

40 Acts of Kindness for Lent

Pick up litter.

Leave a happy note for someone to find.

Bake a treat for a friend.

Feed the birds in your garden or local park.

Donate outgrown clothes to a charity shop.

Say thank you to someone for being kind.

Make your bed without being asked.

Offer to help with a household chore.

Tell someone a funny joke to make them smile.

Ask your teacher if you can sharpen the colouring pencils for them.

Do something kind for someone you love.

Help with dinner preparations by setting the table without being asked.

Leave a dish of water out for the wildlife in your garden.

Leave a thank you note for your delivery person or bin collectors.

Give a compliment to someone today.

Help make breakfast for your family.

Tidy away toys after playing with them.

Let your parent/carer have a lie-in and read a book in bed until they wake up.

Write a list of things you are grateful for.

Try to be kind to your siblings.

40 Acts of Kindness

Write down your own acts of kindness.

1			11
2			12
3			13
4			14
5			15
6			16
7			17
8			18
9			19
10			20

40 Acts of Kindness

Write down your own acts of kindness.

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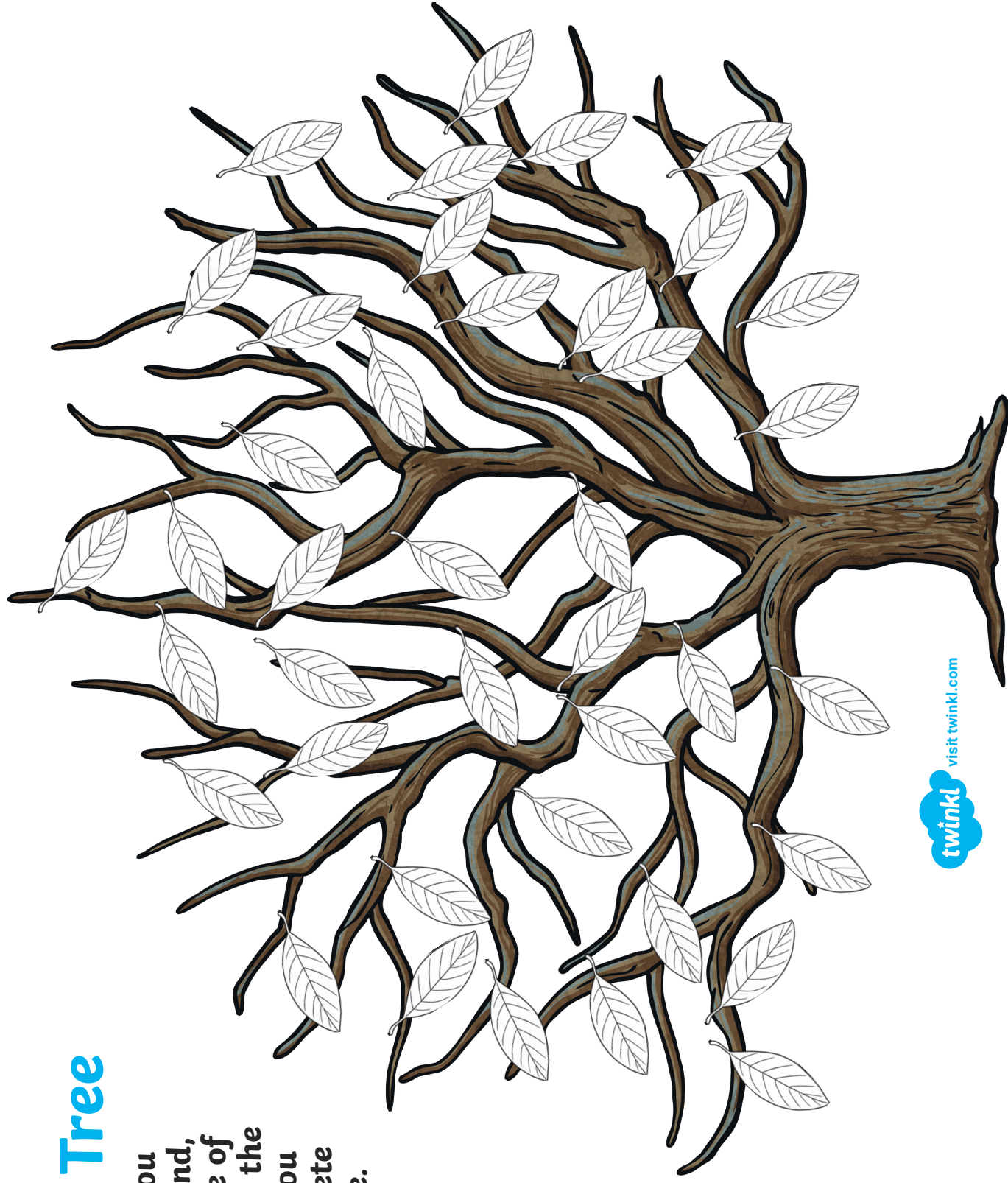
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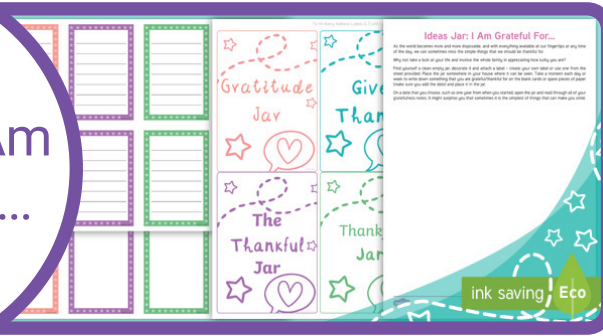
Kindness Tree

Each day you
have been kind,
colour in one of
the leaves on the
tree until you
have complete
the picture.

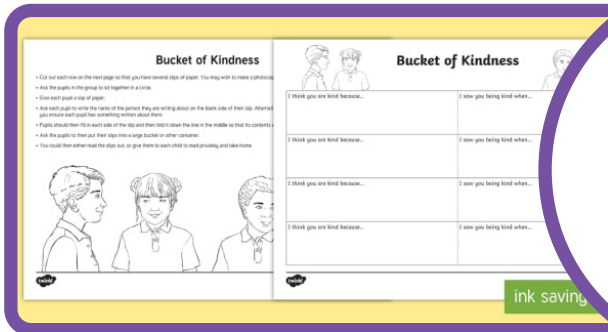


If you enjoyed this resource, why not try...

Ideas Jar: I Am Grateful For...



Bucket of Kindness Activity



Random Acts of Kindness Challenge Cards



Kindness Week Kind Hearts



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