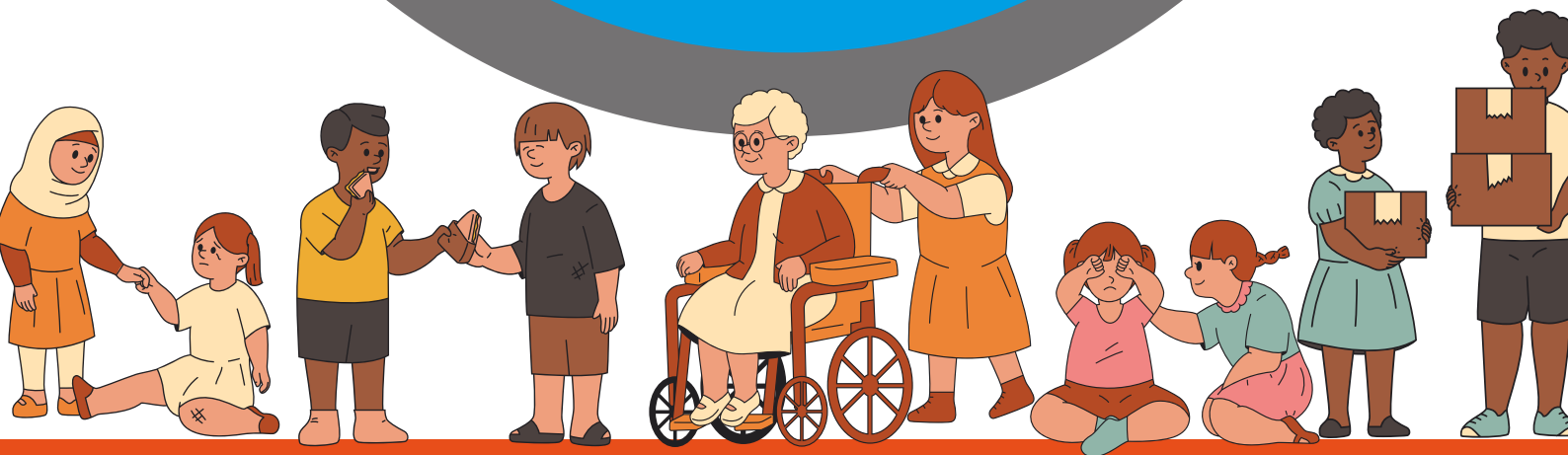


Random Acts of Kindness Handbook



www.bekindmovement.co.uk

Welcome to our Random Acts of Kindness Handbook!

We are celebrating Random Acts of Kindness for a whole week from the 13th - 19th February, and we want you to join us in celebrating acts of kindness to yourself and to others. Check out these activities...



Premila Puri
Founder and CEO
Be Kind Movement

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”
– Princess Diana



Drawing Kindness

Kindness looks different depending on who you ask, but there are a few common themes that our values highlight!

What do our kindness values look like to you?



Integrity



Resilience



Care





Assertiveness



Mindfulness



Compassion



Gratitude





Courage



Respect



Responsible



– Amelia Earhart
the first female aviator to fly solo across
the Atlantic Ocean.

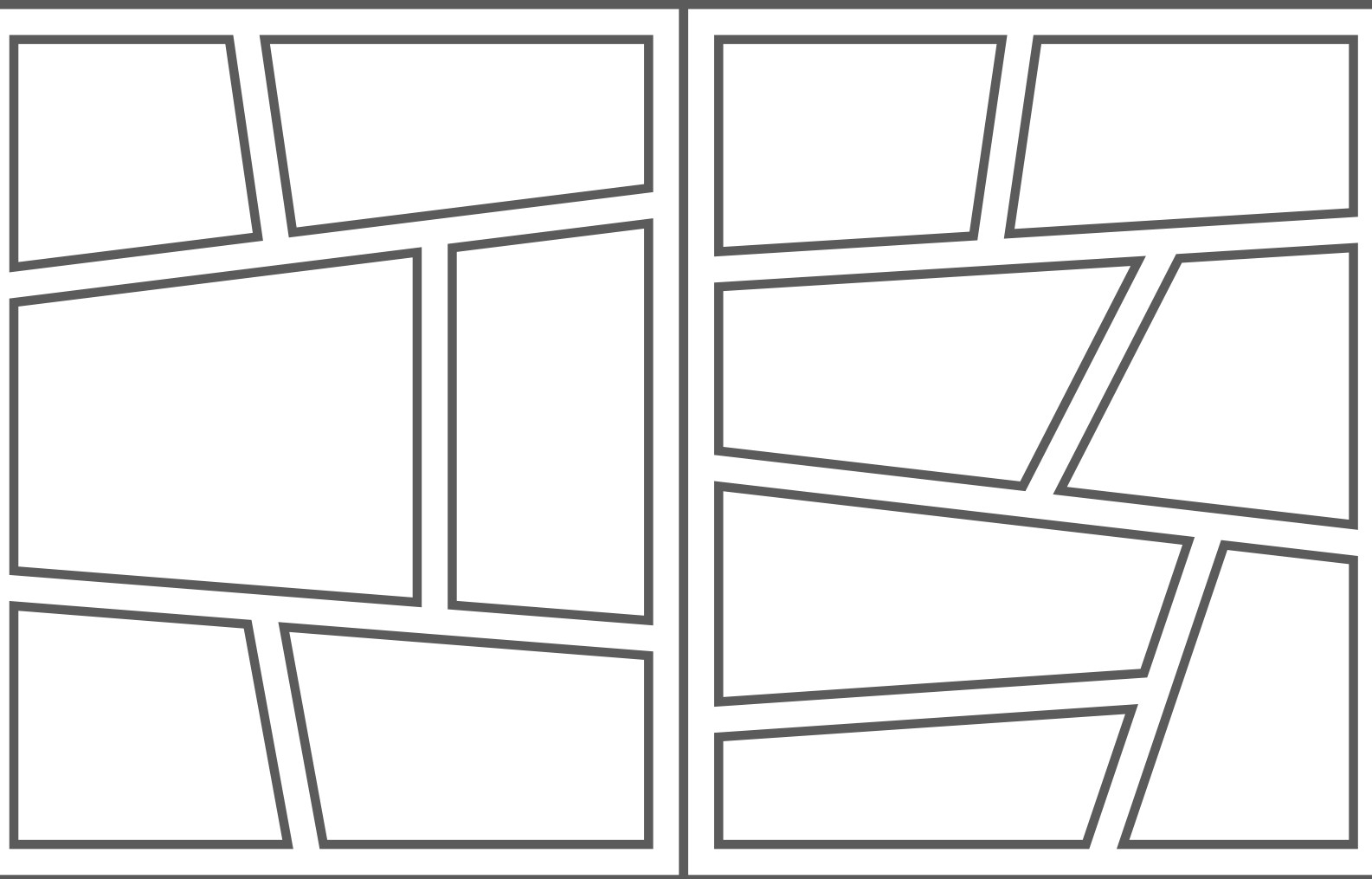


“
A single act of kindness throws
out roots in all directions, and
the roots spring up and make
new trees.
”

Kindness Comic

Here's your chance to be a comic book artist! Can you create a character and draw them doing a kindness act? Think about situations people might need help, and an unlikely character that could come to the rescue...

Using our kindness values, can you draw your kindness superhero doing acts of kindness?



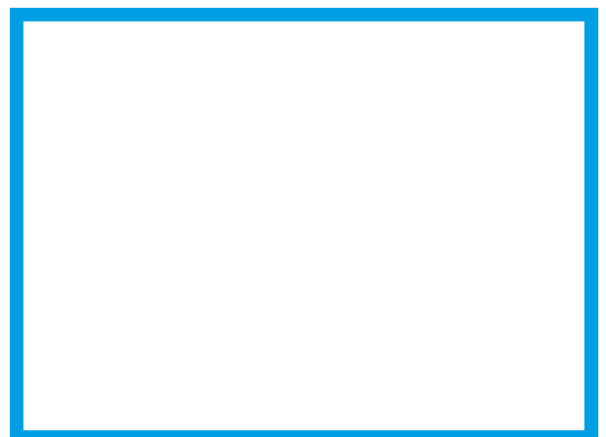
Here are some of our example scenarios if you're looking for inspiration!

A handyman/woman is walking down the street and sees someone struggling to carry all their shopping...

A child sees a £10 note fall out of someones pocket...

An adult on their way to work comes across someone who has slipped and fallen on the pavement...

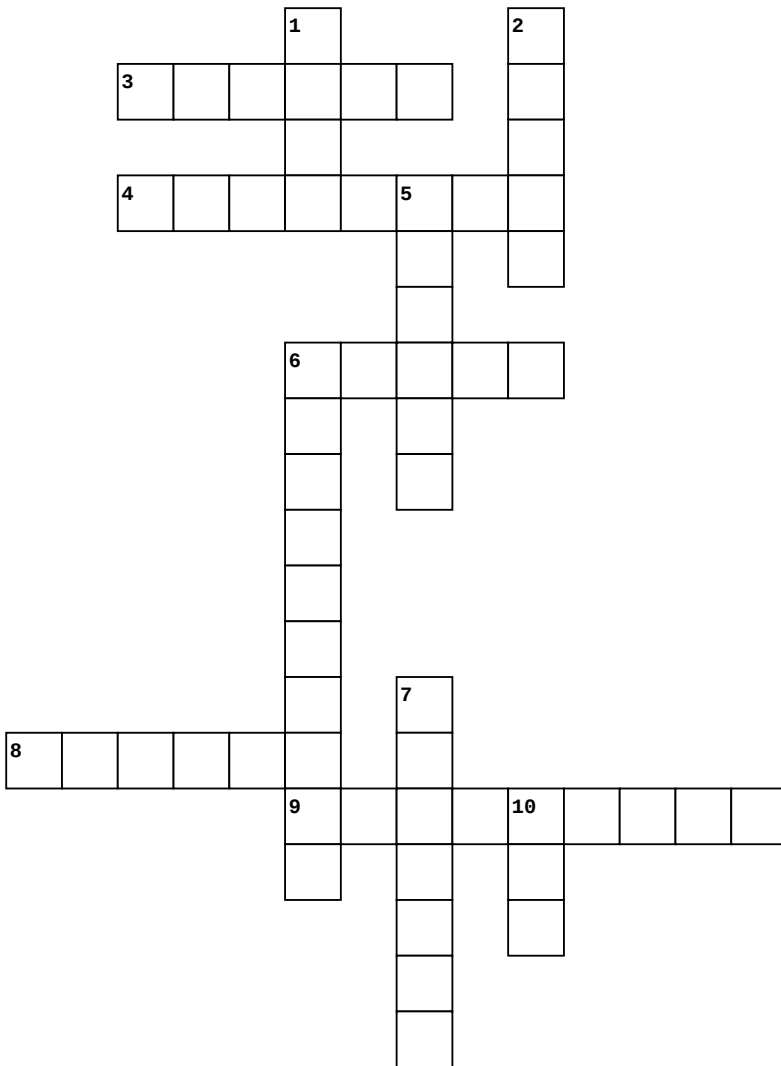
Practice drawing your character here!



The Kindness Crossword

There's a lot to remember when it comes to being kind, but with practice, it will start to come naturally to us!

Use the clues below to complete the crossword!



Across

- 3. The people you live with - parents/guardians, brothers, sisters (6)
- 4. When you are very thankful someone has helped you out (8)
- 6. A job you do at home to help (5)
- 8. When you give something (maybe your time or money) to someone else to help (6)
- 9. Somone you live near to (9)

Down

- 1. Something you give to someone, maybe on their birthday (4)
- 2. When your mouth curves upwards (5)
- 5. Something you do for someone else, or something someone else does for you when you need some help - with no expectation of anything in return (6)
- 6. When you say something nice about someone to them (10)
- 7. People you choose to have fun with (7)
- 10. When you and a friend put your arms around each other (3)



Hint:
Who can you be kind to,
and how can you be kind to
them?

Kindness is a passport that opens doors and fashions friends. It softens hearts and molds relationships that can last lifetimes.

- Joseph B. Wirthlin

What Would They Talk About?

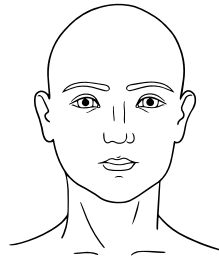
When you meet someone new, it can be difficult to know what to say to them. It's easiest to talk to people when we have things in common with them, or share similar interests! However, it's not always obvious just from looking at a person how similar we might be.

In this exercise, all of these animals have something special in common. Can you guess what it is? The answers are upside down at the bottom of this page! Can you come up with any more things they have in common?

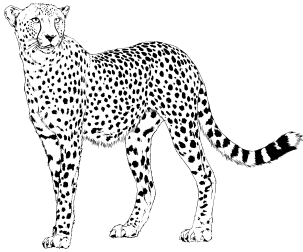


Koalas

AND



Humans

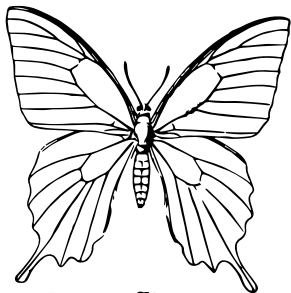


Cheetah

AND

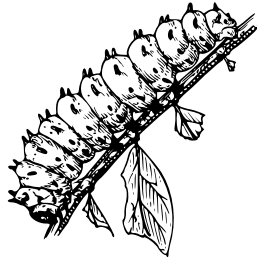


Falcon



Butterflies

AND



Caterpillars

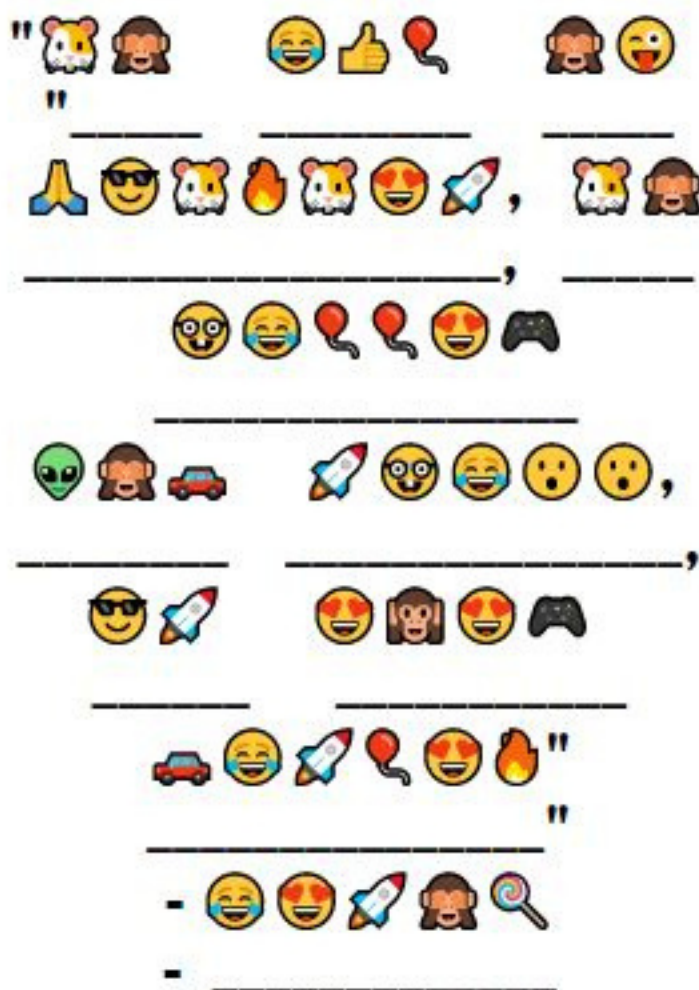
Next time you're trying to make friends with someone, why don't you try asking them what their interests are? Maybe you'll find you have something in common!

1) Fingerprints - they're so similar, koala fingerprints could be mistaken for human fingerprints!
2) They are the fastest of their kind! The cheetah is the fastest land animal, and the falcon is the fastest bird.
3) They're the same species - one is younger, and the other is older!

Kindness Code-breakers

Kindness has been written about for thousands of years. Many writers have chosen to tell stories that teach an important lesson about kindness, and warn us of the dangers of straying too far from kindness! Can you think of any stories that tell a kindness message?

The quote below has been translated into emojis. It'll take some extra work to figure out what it says, but it's possible if you keep trying. Use the key on the right to decipher it!



- a = 😄 b = 👽
- c = 👍 d = 🔥
- e = 😄 f = 😱
- g = 😄 h = 👽
- i = 😎 j = ❤️
- k = 🙏 l = 😱
- m = 🤪 n = 🐼
- o = 🐒 p = 🔍
- q = 🏀 r = 🎮
- s = 🚀 t = 🎈
- u = 😄 v = 🐒
- w = 🚗 x = 👁️
- y = 🥑 z = 🐼

Who said this quote?



He was a Greek storyteller, famous for his fables!

Match the celebrities to their actions!

These celebrities have done a lot for others - from random acts of kindness to more! Can you match each one to their actions? The answers are upside down on the bottom of this page!



Simu Liu



Angelina Jolie



David Beckham



LeBron James

A

Has worked on almost 60 field missions advocating for refugee's rights

B

Stood up for coworkers when they felt that conditions on set weren't fair

C

Created a foundation which supports communities and families through focusing on education

D

Stopped to call for help when they noticed a woman had fallen and hit her head



One **KIND** act can change someone's life
Many such acts can create a **MOVEMENT**



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