

MY LIFE-FIT HABITS ACTS OF KINDNESS

How can I practice acts of kindness?

Doing acts of kindness includes things like donating clothes to a charity shop or it might be small things like opening the door for someone.

Why should I practice acts of kindness?

When we practice acts of kindness, research shows it boosts happiness and positive emotion. Helping other people to feel happy can make us feel happy. You may have helped someone smile, and that in turn makes you smile too.

Caution

Please do not do any kind acts that may place you or others in any danger.

How can I boost my acts of kindness?

One day this week, maybe tomorrow, perform three acts of kindness – all three in one day. The acts do not need to be for the same person and it doesn't matter if the person knows whether you did it or not.

The three kind acts may be large (like helping mum and dad do the dishes) or small (thanking your teacher at the end of the day).

Some other examples of kind acts include helping your parents cook dinner, doing a chore for your sister or brother, helping a friend with their homework or visit an elderly relative or neighbour. Or you can think of your own idea.

Try this Life-Fit Acts of Kindness Challenge

1. Write down three acts you will do today.
2. Perform your acts of kindness
3. Write down what you did.
4. Write down how it felt doing the kind act.
5. Talk to mum and dad about how you felt.
6. Plan ahead to perform a daily act of kindness.

Ask your parents to take a look at this **helpful** website with great tips that can benefit you

www.coffeecupsandcrayons.com/100-acts-kindness-kids/

How to get extra help to **boost** your health and well-being

Try our other tip sheets. Speak to your parents, your teachers, your counsellor or another important adult you trust.

Try these support websites:

www.au.reachout.com
www.eheadspace.org.au

www.youthbeyondblue.com
<http://www.brave-online.com/>

