



# 20 Acts of Kindness

## Lent 2024

<b>1</b> Make a list of all the generous things you would like to do this lent.	<b>2</b> Create a Giving Jar. Top it up with loose change to give out at the end of Lent.	<b>3</b> Let a family member win a race or game.	<b>4</b> Read to a younger sibling or your parents.	<b>5</b> Draw a large heart and write inside all the things you love about someone.
<b>6</b> Make your own bed or help someone else with making theirs.	<b>7</b> Send a letter or picture to a family member.	<b>8</b> At the end of Lent, write down 5 things to be thankful for.	<b>9</b> Offer to clean a family members muddy shoes.	<b>10</b> Make a new friend.
<b>11</b> Help your family with a chore.	<b>12</b> Help your parents take out the rubbish.	<b>13</b> Call a relative to say hello!	<b>14</b> Make some cakes or biscuits to share at your nursery.	<b>15</b> Look through your toys and give any you don't use to the charity shop.
<b>16</b> Share a treat with a sibling or family member.	<b>17</b> Ask if you can help your teacher or parents with a job.	<b>18</b> Say something nice to a family member or friend.	<b>19</b> Pay a compliment to a stranger.	<b>20</b> Pick up litter outside your home or nursery.

**Enjoy! Tag your completed 20 Acts of Kindness sheet at #mpactivities**  
Find more activities on our website at [monkeypuzzledaynurseries.com/learning-at-home](https://monkeypuzzledaynurseries.com/learning-at-home)