



20 Acts of Kindness

Lent 2025

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