

Home Learning: Acts of Kindness

Term 4

This term there is a focus on helping others. Therefore, your home-learning challenge is doing acts of kindness and reflecting on the positive effects that it has on others

Criteria: To complete this challenge you will need to complete the criteria below. Acts will only count if they are new behaviours for you, and not paid in any way. This challenge is about adding to what you already do, without expecting anything in return.

1. **10 x Spontaneous acts:** These are acts that each take less than a minute, but you repeat them over several weeks, or throughout the term, or hopefully you just keep on doing them! Eg. holding the door for others, setting the table each night, standing for adults on the bus...
2. **5 x Super acts:** These are acts that each take over 30mins, but less than an hour. You could complete 5 different acts or repeat the same act 5 times. Such as, washing the car, doing the washing, making lunches for the family, picking up litter around your community for 30mins...
3. **1 x Spectacular act:** These acts take over an hour, and often take a bit of planning. Eg... a big beach clean up, raising money for a charity, Making the families lunches for a week, vacuuming the house for a week, Mowing the lawns 2-3 times...

At least once a week you need to share with your parent or parents what you have done over the last week and what you noticed the benefits have been for you and for others.

Due: Thursday November 29th

Once you have completed your acts you will need to put together a 2min presentation of what you did and what you noticed over the 7 weeks to your class.