

TAKING ACTION

Our little acts of kindness can make a big difference -
one small action can lead to another, creating a chain of happiness!
While our individual actions matter, when we come together we are even more powerful.

HERE ARE SOME IDEAS OF STEPS YOU CAN TAKE -
ADD YOUR OWN IN THE MISSING SPACES!

ASK FOR HELP
WHEN I NEED IT

TAKE A FEW
DEEP BREATHS

GO OUTSIDE
FOR FRESH AIR

THINK OF SOMETHING
I AM GRATEFUL FOR

for yourself

CHALLENGE!
KEEP THIS PAGE AND
COLOUR IN EACH
ACTION YOU
TRY!

LISTEN WHEN
SOMEONE IS
TALKING

SAY SOMETHING
KIND

for someone else

INCLUDE
SOMEONE IN
A GAME

HELP LOOK
AFTER SHARED
SPACES

WORK
TOGETHER
AS A TEAM

SHARE IDEAS
TO MAKE SCHOOL
A KINDER
PLACE

LISTEN TO OTHER
PEOPLE'S IDEAS
AND FEELINGS

for all of us