

# Random Acts of Kindness Book



For this exercise, we get the children to think of Random Acts of Kindness they could do to help bring joy to others and record them in their little book.



## Benefits

Spreading kindness helps others feel better about themselves, while at the same time it can help the person carrying out the act, feel improved health and happiness. Doing something for someone else while expecting nothing in return can stimulate 'feel-good' chemicals to flood our system, reduce stress and improve depression. Kindness helps improve our sense of community and belonging contributing to a healthy, longer life. These 'feel-good' activities are much needed during this difficult time.

Scottish Registered Charity  
(SCIO) SC046975



## Materials

- A sheet of A4 paper\*
- Label for the front of your Random Acts of Kindness book
- Random Acts of Kindness ideas sheet
- Colour pens

\*How to make your own little book -

[https://www.google.com/search?client=firefox-b-d&q=making+little+books+out+of+a4+paper#kpvalb\\_x=UQI4XoCXDoSS1fAP84WLgAM33](https://www.google.com/search?client=firefox-b-d&q=making+little+books+out+of+a4+paper#kpvalb_x=UQI4XoCXDoSS1fAP84WLgAM33)

## Instructions

1. Have a look at the link below showing you how to make a little book out of a sheet of A4 paper
2. Cut out the label for the front of your book and stick it on the front
3. Have a look at the Random Acts of Kindness sheet below and decide which ones you'd like to do
4. Once you have carried out your Act of Kindness, record it in your little book, who it was for, how it made them feel and how it made you feel
5. When you've filled up one book, make another and carry on your Random Acts of Kindness
6. Don't forget to be kind to yourself!



Remember to share photos of your personalised Books with us:



[team@fosteringcompassion.org](mailto:team@fosteringcompassion.org)



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Front Cover Labels:

My little book of

rand♥m

*acts of kindness*



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