



As you know, Lent started last week, as part of the preparation for Easter we would like to encourage the children to take part in the 40 Lentern Challenges:

Things to do and say to help those around us at this special time. By helping others, we are following the example Jesus set us all.

May this time be thoughtful and mindful of all.

Kindness Challenge

Categories: Gratitude Care for the environment Giving School community;
 Kindness New friends Doing the right thing

<p>1 </p> <p>Write or draw a list of 10 things you are grateful for</p>	<p>2 </p> <p>Sit next to someone you don't normally sit with at lunchtime</p>	<p>3 </p> <p>Have a book swap in your class</p>	<p>4 </p> <p>Let people go ahead of you all day</p>	<p>5 </p> <p>Offer to carry someone else's bag into school</p>	<p>6 </p> <p>Start a scrap paper pile for drawing to save paper</p>	<p>7 </p> <p>Leave an encouraging note for someone</p>	<p>8 </p> <p>Clear up after someone else's lunch</p>
<p>9 </p> <p>Write a thank you note to the lunchtime or reception staff</p>	<p>10 </p> <p>Walk to school or park your car further away</p>	<p>11 </p> <p>Ask your grown-up about their day on your way home or at teatime</p>	<p>12 </p> <p>Find out the names of three people you haven't met before in school</p>	<p>13 </p> <p>Litter pick around the school</p>	<p>14 </p> <p>Leave your grownup a surprise note or picture before you leave for school</p>	<p>15 </p> <p>Try to chat to someone you haven't spoken to in a while</p>	<p>16 </p> <p>Bring in a donation for the local foodbank from your cupboard at home</p>
<p>17 </p> <p>Say thank you to your teacher for teaching you</p>	<p>18 </p> <p>Congratulate others when they do well</p>	<p>19 </p> <p>Help return lost property to the right owner</p>	<p>20 </p> <p>Leave the classroom as tidy and clean as you can</p>	<p>21 </p> <p>Make a class introduction pack in case anyone new starts during the year or for next year's class</p>	<p>22 </p> <p>Give somebody a nice compliment</p>	<p>23 </p> <p>Be the first to say sorry</p>	<p>24 </p> <p>Try to find out about what life is like for children in a poorer country</p>
<p>25 </p> <p>Be brave by trying something you find hard</p>	<p>26 </p> <p>Hold the door open for someone</p>	<p>27 </p> <p>Say a nice thing about someone to somebody else</p>	<p>28 </p> <p>Save energy by turning off the lights when you leave a room</p>	<p>29 </p> <p>Follow instructions without complaining</p>	<p>30 </p> <p>Say thank you to someone in your class</p>	<p>31 </p> <p>Don't interrupt; listen carefully instead</p>	<p>32 </p> <p>Invite somebody new to join in with your game</p>
<p>33 </p> <p>Try to avoid using any plastic that you throw in the bin, like straws</p>	<p>34 </p> <p>Play with a child from another year group</p>	<p>35 </p> <p>Find out how your class could help a local charity</p>	<p>36 </p> <p>Find out something new about somebody</p>	<p>37 </p> <p>Give someone a nice surprise</p>	<p>38 </p> <p>Talk to people in your class about their favourite thing about school</p>	<p>39 </p> <p>Ask how you can help out at school</p>	<p>40 </p> <p>Make posters about your school values to display</p>