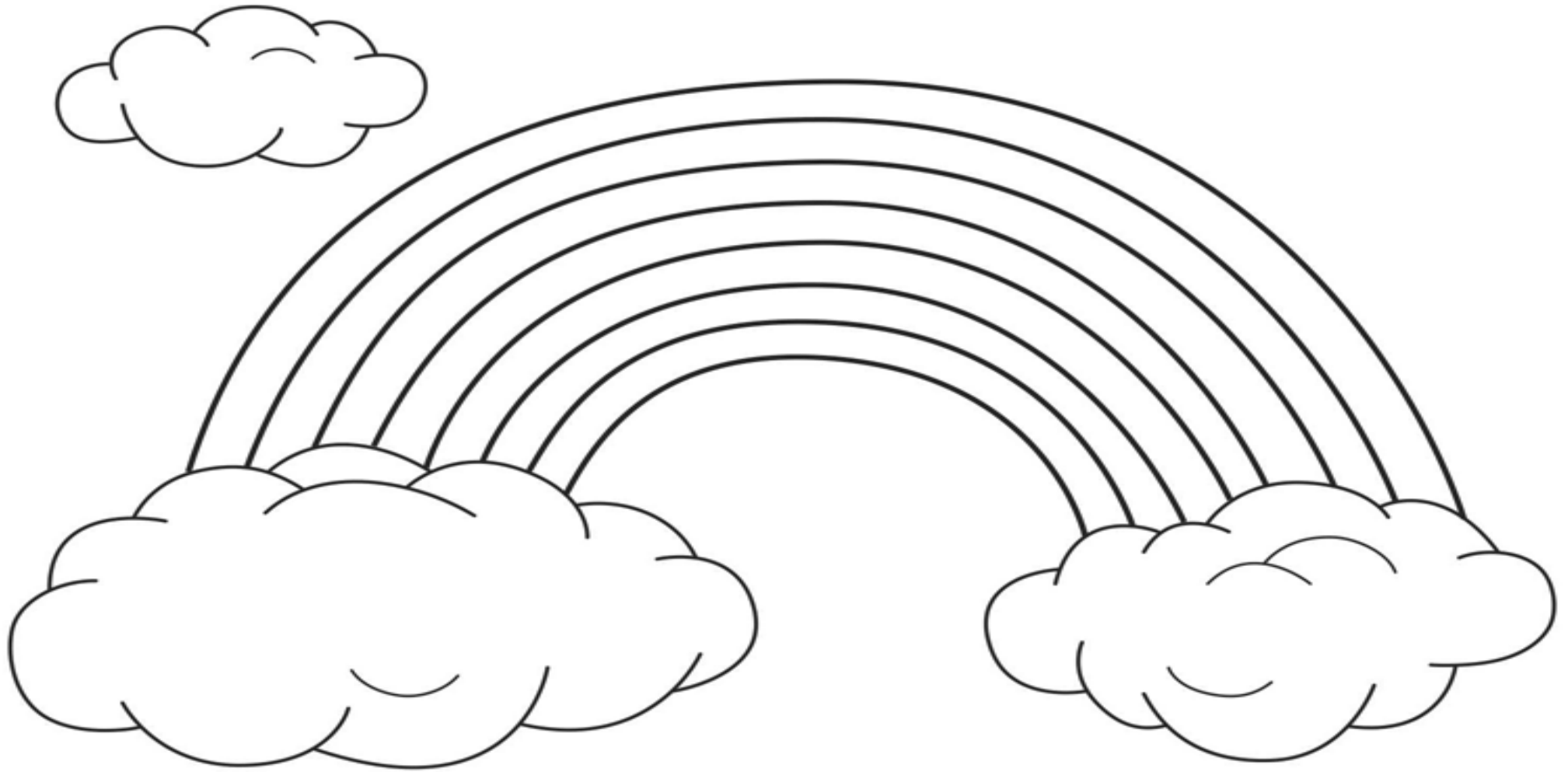


Random Acts of Kindness Rainbow



Red- Give everyone in your family a big hug and tell them that you love them!

Orange- Make a video or draw a picture for a friend/family member to make them smile.

Yellow- Draw a picture/record a video message for one/all of your teachers.

Green- Help your grown up do a job e.g. wash the dishes/make the bed.

Blue- Tell a joke to make someone laugh.

Indigo- Pay someone a compliment e.g. your hair looks nice today!

Violet- Feed the birds/ducks at the park.