

By performing simple and unexpected acts of kindness can brighten someone's day and creates a ripple effect of positivity



Celebrate the power of kindness and compassion

If everyone did one random act of kindness each day, we might just change the world!

You could...

Hold a door open for someone



Pick up a piece of litter

Give someone a compliment



Write a HBK Hero card for someone



Be thoughtful to others in your lessons

Make a drink for someone



Show kindness to your family and friends



Bake a cake for someone

Do a chore at home without being asked

