Random acts of kindness

Being kind is a little thing we can do to make a BIG difference to our mental health. Use our kindness wheel with your class to show the importance of being kind to ourselves and others. Because a little kindness goes a long way.

Write a friendly note for a classmate
Say something nice to a teacher
Wave and smile at a friend
Hold the door open
Give someone a high five
Tell a joke to make someone laugh!

For a classmate
Give someone a high five
Tell a joke to make someone laugh!

Stick this wheel on some cardboard, cut around it, and pop a pencil through the middle to create your spinning wheel!

YOUNGMiNDS

#HelloYellow