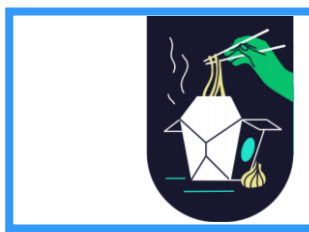


# 10 ways to be kind

For children



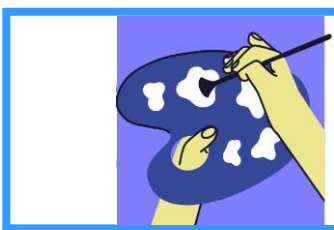
Arrange a video call with a family member or friend that you know is struggling during self isolation



Offer to help cook a meal for your family or even better, if you can, cook it all by yourself!



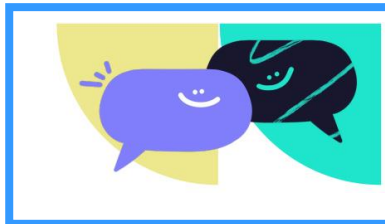
Make a cup of tea for someone you live with (with the help of a family member if needed) and sit and have a chat



Draw a picture or make a painting and pop it through the letter box of someone you know



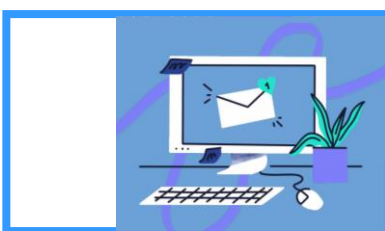
Look up and say "hello" to people when passing by



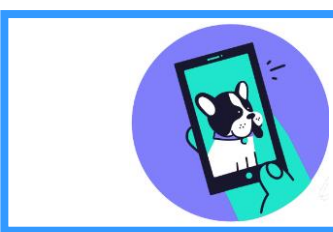
Make sure you spend time each day doing something that makes you happy



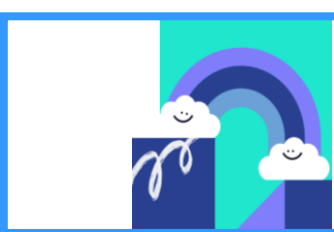
Make a bug hotel in your outdoor space/ garden and watch what wildlife you encourage



Offer to help with a household chore. Start by keeping your own space tidy



Ask a grown up to take a funny photo of you and send to someone you know



Remember it's ok to have a cry if you need to, into a cuddle toy, blanket or loved one, it is ok to feel like this

**Remember, don't over do it!**

It's the small things that count, doing one small thing every now and then will make a big impact to someone's day - so don't put too much pressure on yourself.

If you feel like you are giving too much of yourself then its ok to take a step back and look after yourself.