



# 40 Acts of Kindness for Lent



let  
your  
light  
shine



let  
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light  
shine

# Act of Kindness



Thank you!

Smile and say  
'Thank you' to someone.



# Act of Kindness



Help a friend put on their coat.



# Act of Kindness

Play with someone who is on their own.



# Weekend Acts of Kindness

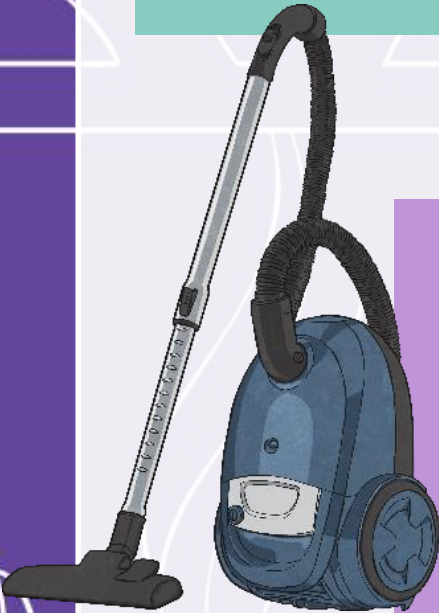
## Saturday

Draw a picture for an adult you love.



## Sunday

Offer to do a job someone else has to do.  
Share your act of kindness with the class on Monday!



# Act of Kindness

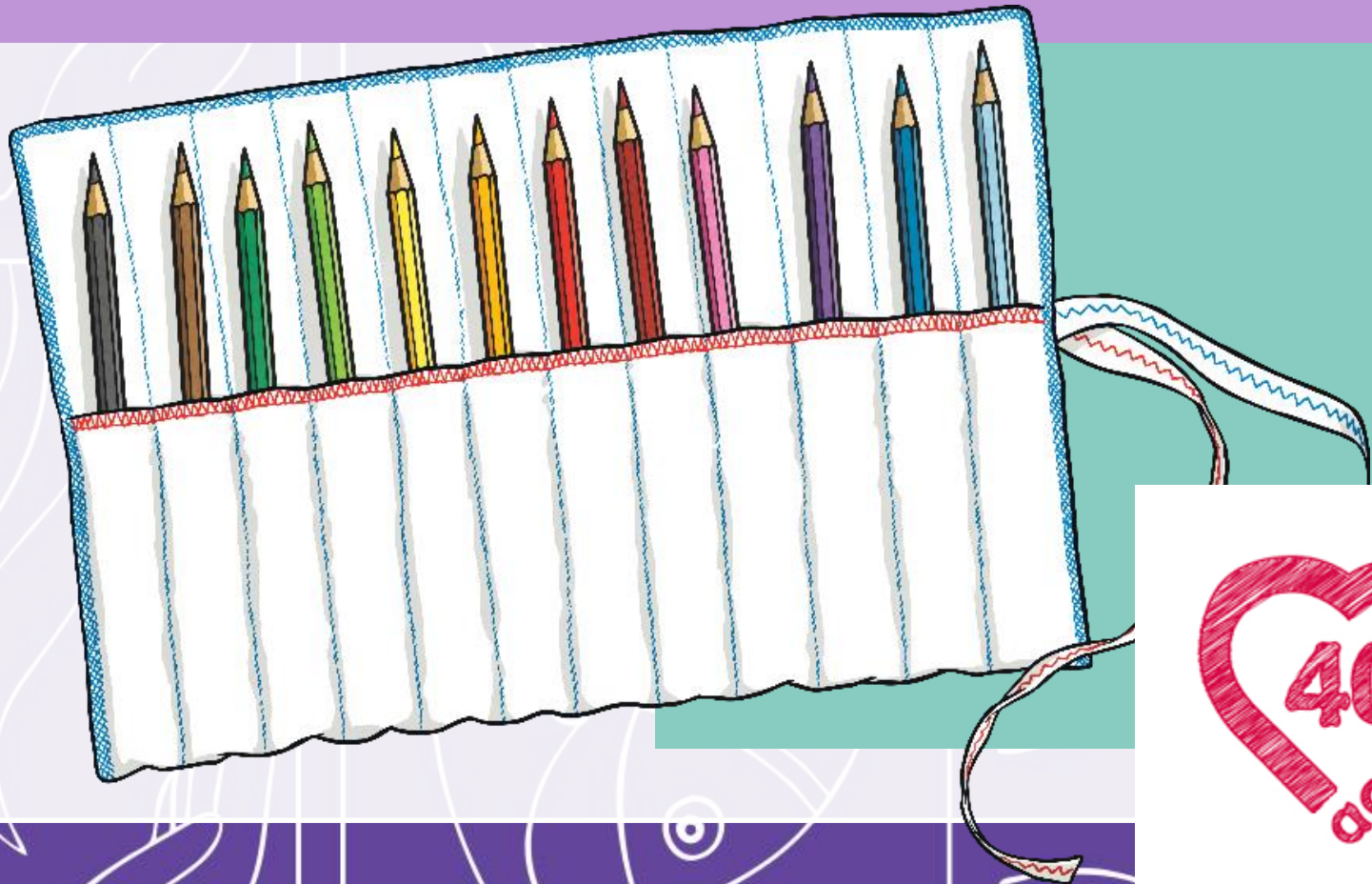


Push in someone else's chair.



# Act of Kindness

Tidy someone else's desk area for them.



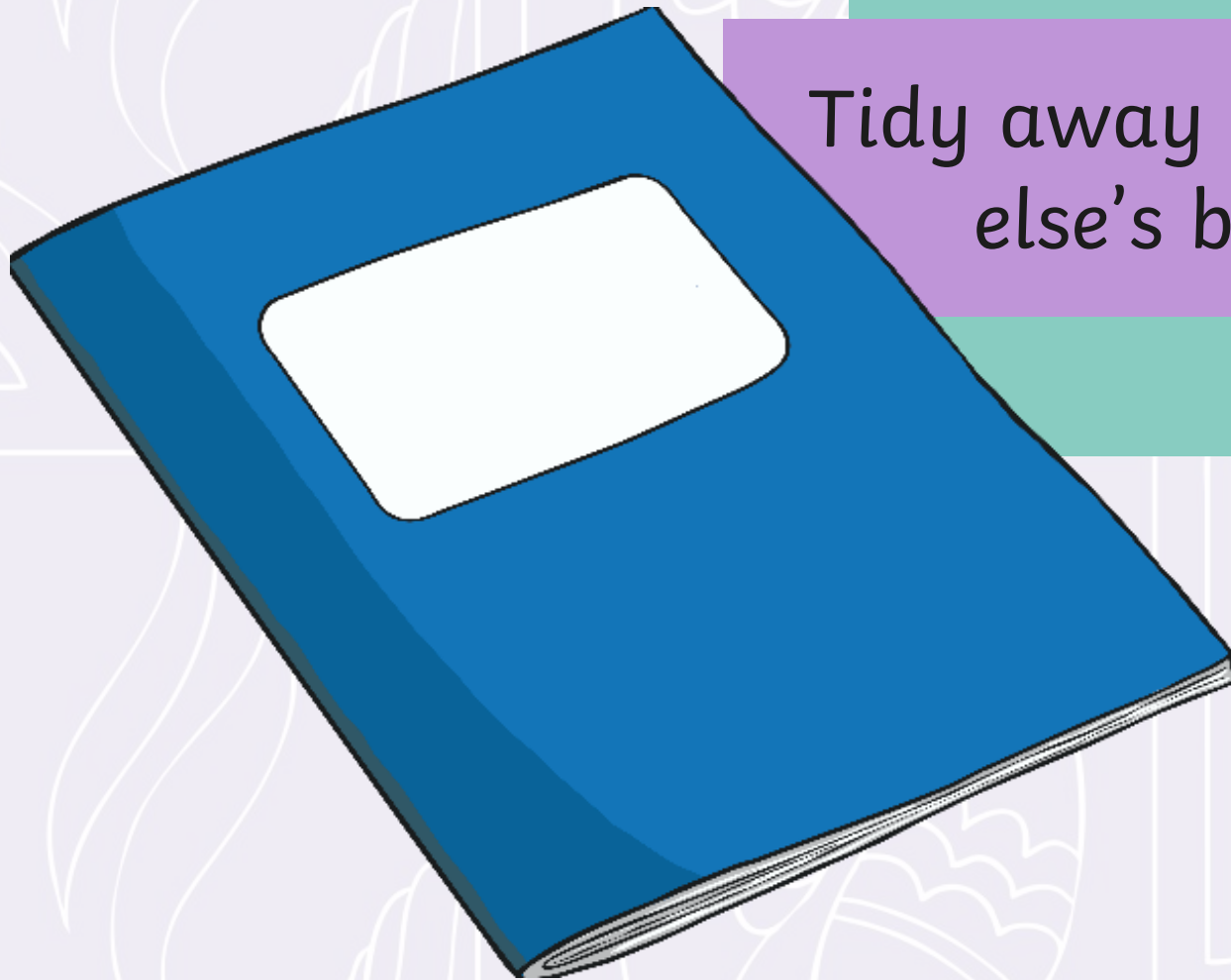
# Act of Kindness

Pick up the equipment  
in the playground.





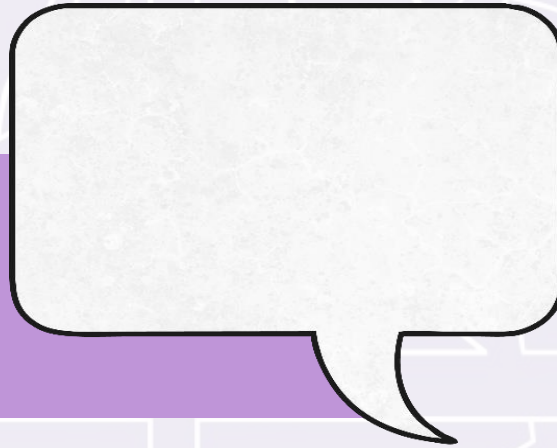
# Act of Kindness



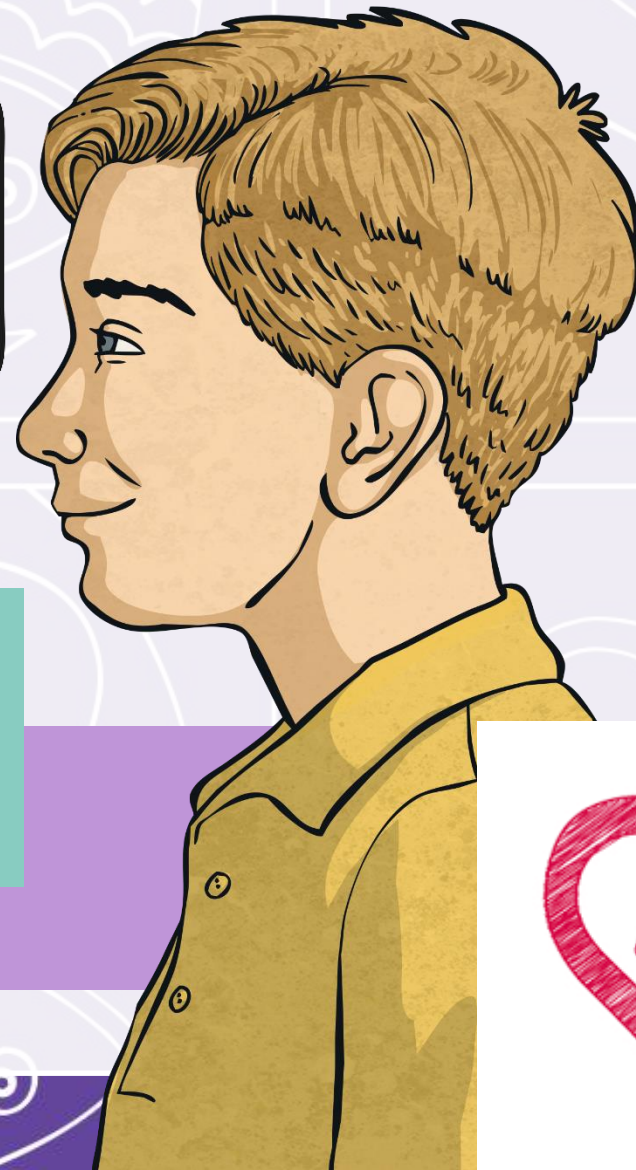
Tidy away someone else's book.



# Act of Kindness



Give someone a  
compliment.



# Weekend Acts of Kindness

## Saturday

Wipe down the counter with a cloth.



## Sunday

Pick up your clothes and put them in the washing basket.

Share your act of kindness with the class on Monday!



# Act of Kindness

Say 'please' and 'thank you'  
at all times.

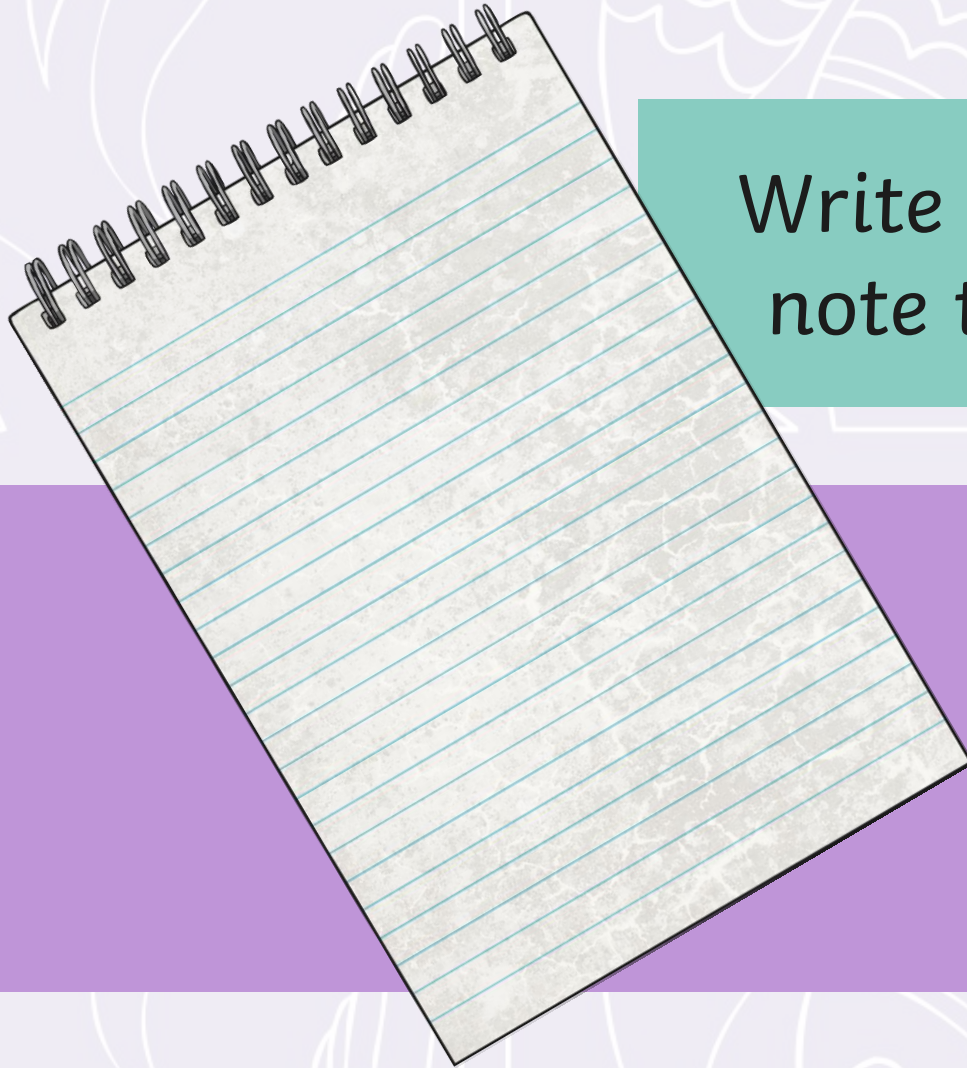


# Act of Kindness

Hold the door  
for a friend.



# Act of Kindness



Write a thank you note to someone.



# Act of Kindness

Pick up litter  
and put it in  
the bin.  
(Make sure  
you wash  
your hands  
afterwards.)



# Act of Kindness

Tidy someone else's lunch area for them.

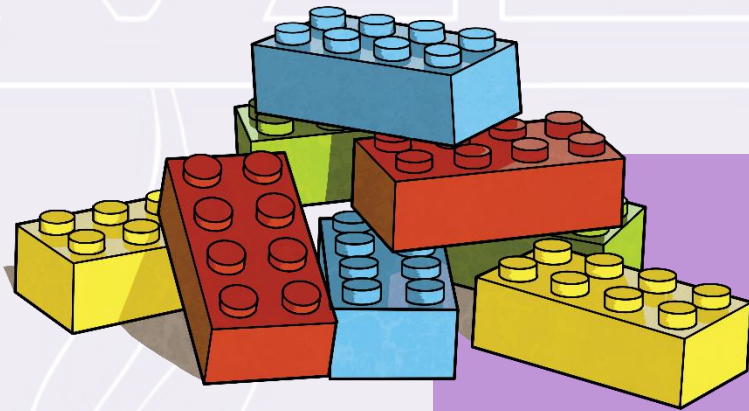
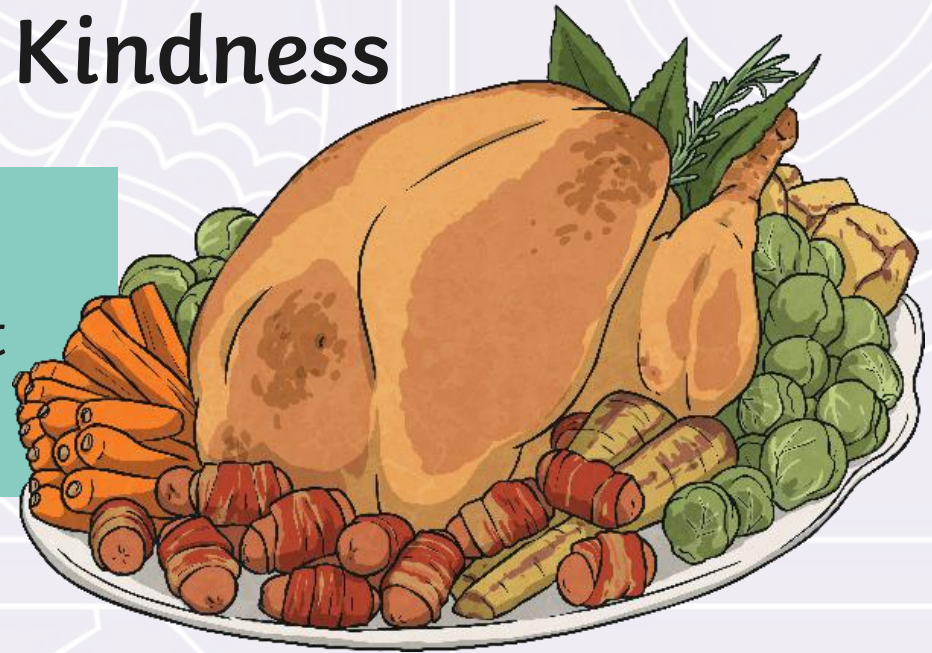




# Weekend Acts of Kindness

## Saturday

Offer to help an adult make dinner.



## Sunday

Tidy away toys.

Share your act of kindness with the class on Monday!

# Act of Kindness

Find a friend  
who needs  
cheered up.  
Cheer them  
up!



# Act of Kindness

Let a friend go in front of you  
in the queue.



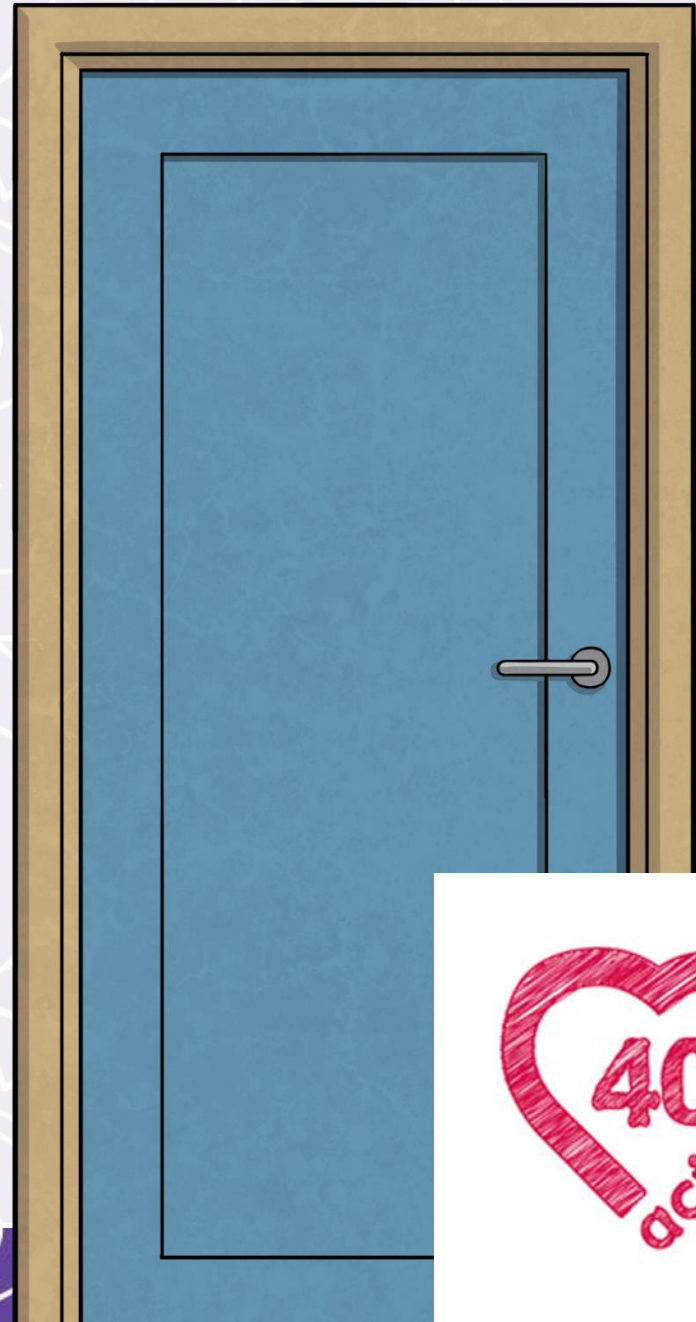
# Act of Kindness

Share your snack with your friend.



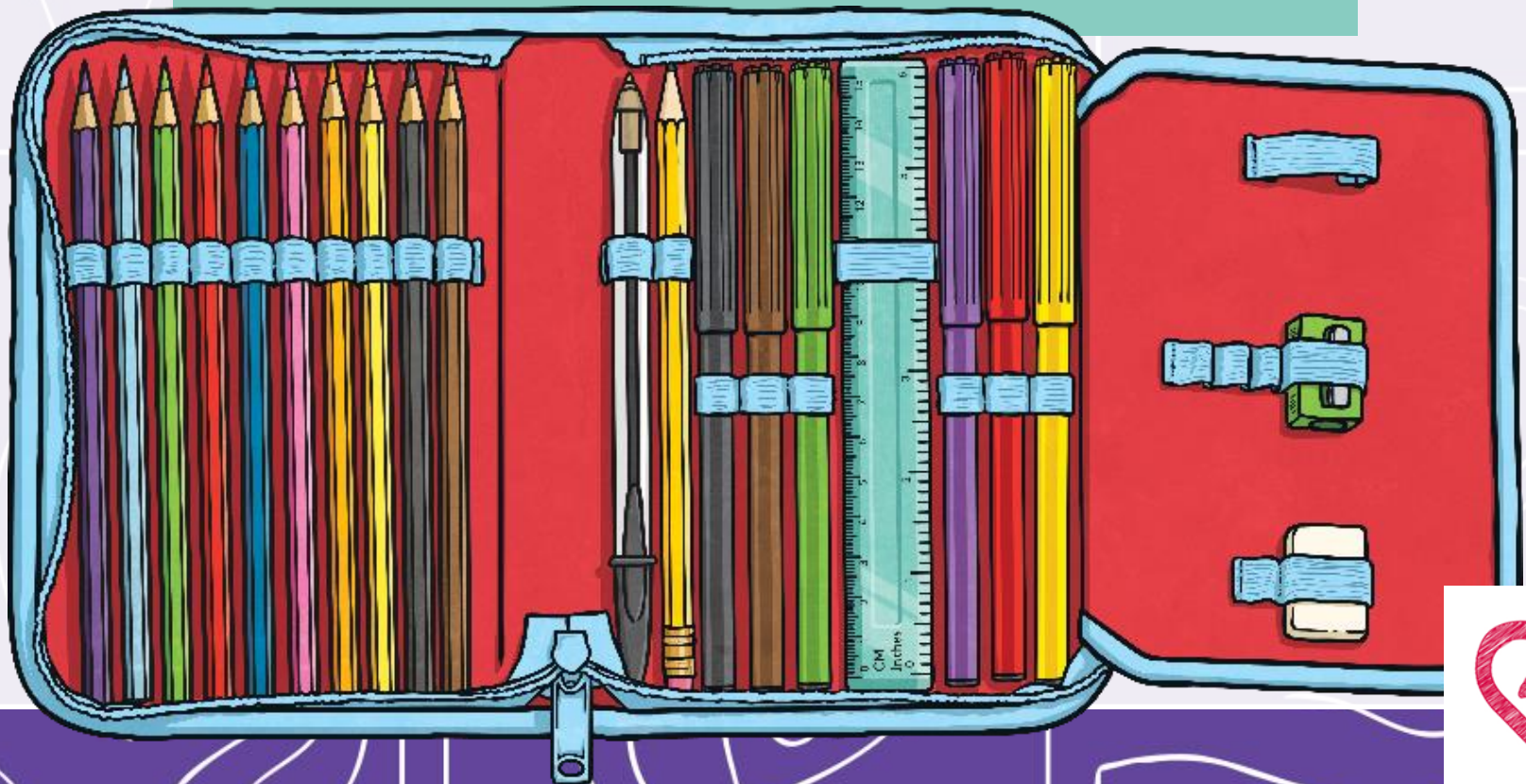
# Act of Kindness

Hold the door for  
a teacher.



# Act of Kindness

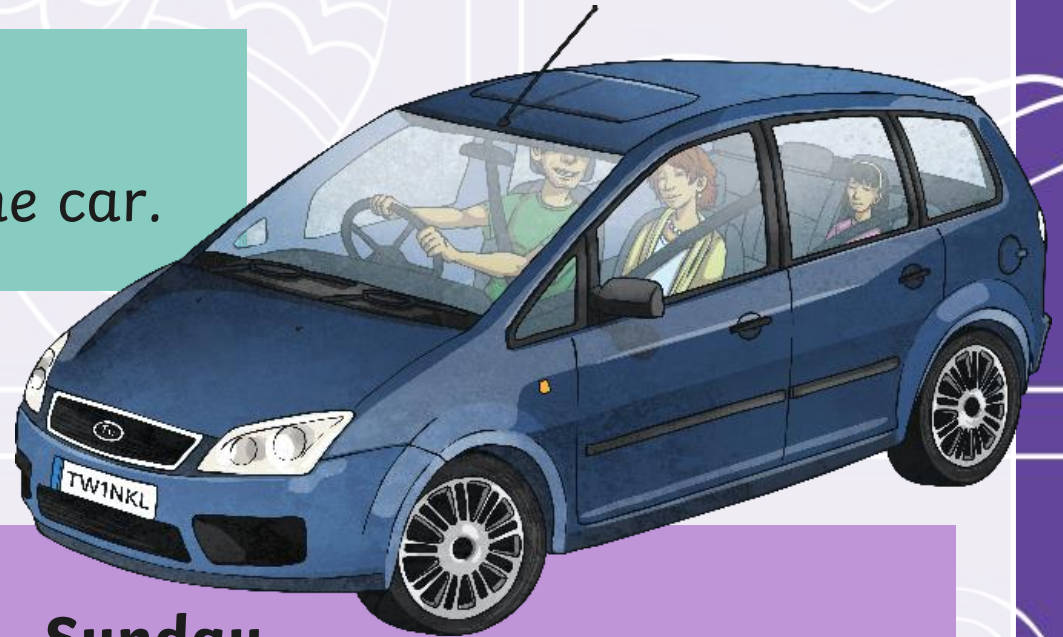
Tidy someone else's stationery away for them.



# Weekend Acts of Kindness

**Saturday**

Offer to clean out the car.



**Sunday**

Fold some clothes.

Share your act of kindness with the class on Monday!



# Act of Kindness

Say a prayer for someone in need.





# Act of Kindness

Do a favour for someone.



# Act of Kindness

Tidy someone else's  
cloakroom area  
for them.



# Act of Kindness

Say 'thank you' to  
someone  
who helps you.



# Act of Kindness

Show you are really listening by looking and smiling at someone.



# Weekend Acts of Kindness

## Saturday

Write a list of the things you like  
about an adult you love.  
Give it to them!

## Sunday

Write a list of the things you love about another adult.  
Give it to them too!

Share your act of kindness with the class on Monday!



# Act of Kindness

Offer a hug to someone in need.



# Act of Kindness

Put something back  
where  
it belongs for  
someone else.



# Act of Kindness

Use kind words.





# Act of Kindness

Volunteer to help  
at home.



# Act of Kindness

Help a partner who is stuck.



# Weekend Acts of Kindness

**Saturday**

Hang up some clean washing.



**Sunday**

Fluff the cushions on a sofa.

Share your act of kindness with the class on Monday!

# Act of Kindness

Tidy up an untidy area.



# Act of Kindness

Refill someone's  
drink for them.



# Act of Kindness

Find someone you know who looks worried and offer to help.

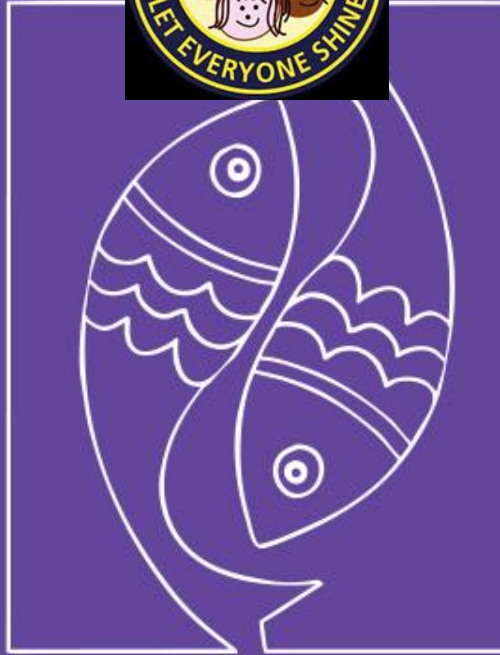


# Act of Kindness

Tell someone a joke to make them laugh.



**Be a Courageous Advocate during  
Lent! Follow Jesus' example and do  
amazing things for God 😊**

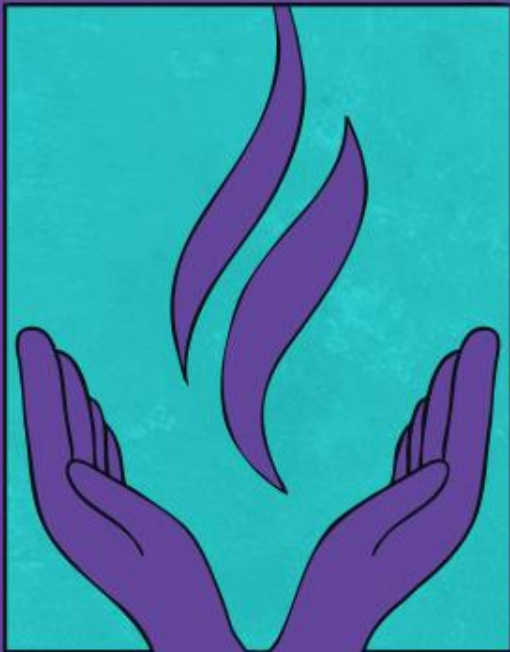


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Dear God,  
Thank you for the love you have for all of us.  
Thank you that you are with us in both good and bad times.  
Thank you that Jesus went through tough times.  
Thank you that he never gave up, but continued to love us.  
Please help us always to be ready to help others when they are in need.  
**Amen.**



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