

Prep Challenge

Kindness/Caring



Send someone a lovely message	Tell someone they are good at something	Ask about someone's day	Give at least 3 compliments to 3 different people	Listen to someone.	Make positive comments	Have a device free day
Smile at everyone	Make someone a card to show your appreciation	Respond positively	Share your positivity	Be encouraging	Help someone with a job	Random acts of kindness
Help someone outside school with something	Sort out your room & donate something to charity	Share your feelings with others	Thank at least 3 people at school	Call a friend or relative for a chat	Tell someone their good qualities	Uninterrupted family time

These challenges can be done on different days and in any order, just tick them off when you have completed them.

Ask your adult to sign the sheet to confirm what you have achieved.

Return to your House Leader and you will be rewarded!

If you can repeat some of these challenges all the better, more character counters for your house.



Any other lovely things you have done in the time may be added and extra credit will be given. All entries returned to your house leader will be entered into a prize draw.