

No Screentime Day – Friday 12 February

### **‘Our School Has A Mind To Be Kind’**

**“No act of kindness, no matter how small, is ever wasted.”**

As you will no doubt realise, everyone feels better when people are kind. So at Crofton Academy we want to really value kindness and make sure that we all remember how to be kind and the difference that it makes.

In these very unusual times, it is understandable that you might sometimes find things irritating and wish that you could see your friends and family etc. Just remember that it is likely that the people in your household are feeling the same, as are your family and friends that you have not seen for a while. You can help people to feel better. You can make a difference. You can also help to make yourself feel happier.

**Activity:** Call a friend or family member and ask how they are. Before you ring think about what they might be interested in and be ready to talk to them about these things.

**Activity:** Think of a time when someone showed you kindness (it can be a very small act of kindness).  
**Consider:**

- How you were feeling and the situation you were in
- The kind act that happened
- How this made you feel

Describe this by either writing about what happened or by making a story board to show what happened.

**Activity:** Read to a younger sibling or play games with them. Can you teach another family member a skill that you have?

**Activity:** Ask an adult what chores they need to do and if you can help out with any of them.

**Activity:** Send a letter or a postcard (can be homemade) to someone who has been kind to you. Thank them. Getting something like this through the post usually puts a smile on someone's face.

**Activity:** Put on a concert for your family if you can sing, act or play a musical instrument. Or work with your family members to make up and put on a play!

**Activity:** Make a quiz for our household to take part in. Then be the host and see who wins!

**Activity:** Put on some music and clean your room. When did you last sort out your wardrobe, Hoover up or just move things around to make some space? You won't recognise the place once it's done!

Share your day of activities and challenges with us at school by sending photos to:

[enrichment@croftonacademy.org.uk](mailto:enrichment@croftonacademy.org.uk)

Remember to include your name and form.