

Kindness Challenge



In a world where you can be anything, be kind!

Did you know that being kind is scientifically proven to be good for your health
AND it slows down aging! Let's discover more and put it in to practice...

For even more programme ideas check out our 'Kindness' board over on
www.Pinterest.com/PawprintFamily

#AdventureForAll
www.PawprintFamily.com

Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



@pawprint_family



PAWPRINT BADGES

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www.pawprintfamily.com/terms-conditions






Craft

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-  Make or decorate a postcard and send it. Why not use an inspirational or uplifting quote for the front and inspire someone else to be kind?
-  Decorate a clock face to help you divide your time and make time for yourself. Being kind starts with being kind to yourself.







How?

You can find clock kits online or you can up-cycle/revamp an old clock. Set yourself time for each activity in your life and divide the face of the clock in to sections as you see fit. Set yourself time for reading or relaxation following time to let yourself download the day's events and work/school. You might create 2 clocks; for the weekend and weekdays.

-  Create a journal to track how you feel. Small changes can make a big difference and being kind releases feel-good hormones.
-  Paint a kindness rock and leave it somewhere in your local community for someone else to find. Find out more at thekindnessrocksproject.com
-  Create a wall of kindness in your local community.

What?






In 2015 in the city of Mashhad, Iran, an anonymous person painted a wall with the words, "If you don't need it, leave it. If you need it, take it," and added hooks and pegs. Donations of coats, trousers, shoes and other clothing started to appear in a bid to help the cities homeless. These kindness walls spread throughout the country and have since popped up in other cities around the world.

-  Colour in and complete our Kindness Poster resource and stick it somewhere where members of your community will find it.
-  Plant seeds in a plant pot and give them as a gift to a neighbour or leave them around your local area for strangers to find and take.
-  Make a good deed tree using our free resource.
-  Create a poster of ideas to help others celebrate Random Acts of Kindness or World Kindness Day.
-  Make a gift for someone who is leaving/moving away/taking a new step in life; senbetsu is a traditional custom in Japan of giving a goodbye gift to someone who is going travelling or heading off on holiday.
-  Decorate a copy of the poem *Smile* by Spike Milligan.






Food

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-  Be kind to yourself and eat healthily. Plan and make a range of meals for breakfast, lunch and dinner. Why not keep a food diary for a week or so and see if there are any changes you could make.
-  Set up a community fridge in your area to share unwanted leftovers or any spare produce with those who might need it.
-  Support your local food bank by volunteering your time or by making donations. Take time to understand how the food bank system works and why people may need to access their support.
-  Give a meal or a hot drink to a stranger or someone who is homeless.
-  Pay it forward with a *caffè sospeso*.





What?

A 'suspended coffee' or 'pending coffee' is a cup of coffee paid for in advance as an anonymous act of kindness. It's a tradition that's more than 100 years old which originated in Naples, Italy. The idea is that someone who has had good luck or a good day would pay for an additional coffee for someone else to enjoy at another time!

-  Bake biscuits or cakes to give to friends.
-  Leave kindness notes on groceries in your local shop for strangers to find.
-  Hold your own tea ceremony for friends/family.

What?



Omotenashi is deep in Japan's culture with its roots in sado (tea ceremony). It means to wholeheartedly look after your guests from a place of care rather than expectation. When we are kind we act with other people's best interests at heart rather than necessarily doing what we think will make us appear as a good person.

-  Sit with someone new at lunchtime and spend time getting to know them.
-  Put out food in the garden or make a feeding station for animals; kindness extends beyond human boundaries to animals and the world around us.
-  Send a surprise food parcel to a friend or loved one to let them know you're thinking about them. You can find edible gifts online or make your own.
-  Do a food shop for a neighbour or someone elderly in your community; don't make this a token gesture, do it because you care.








Games

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-  Kind or not? Create a range of scenarios you might have seen/heard in your school/group/at home. Decide if they are kind or not. You could create a line in the space and decide where on the line each scenario sits and discuss.
-  Talk about kindness and how it makes you feel in a sweet based game.




How?

Pass round a bag of coloured sweets such as skittles or smarties. Each person takes a set number and then when it is their turn, discusses the following: Red = how do you feel when you are kind to others, Orange = what does kindness look like, Yellow = how can you be kind to someone you don't know, Green = when was the last time someone was kind to you and how did you feel, Purple = how can you be kind to your family, Pink = what is the difference between being 'nice' and being 'kind', Brown = has anyone ever been unkind? How did it make you feel.

-  Create your own version of kindness snakes and ladders.
-  Play a game chosen by someone else.
-  Partner with someone you don't usually speak to as much/spend so much time with. You may discover new things you have in common too!
-  Take turns in a game or let someone else have a go before you.
-  Make kindness envelopes.

How?

This is for fun but also has a long lasting effect. Each person has one envelope and a number of slips of paper, enough for one for each person. Write your name on your envelope and leave it in your place. Swap places so you are sat by someone else's envelope. Write them a kind comment, anonymously and pop it in their envelope. Repeat until you have written everyone a comment. When you return to your envelope, seal it up and open it when you are alone, taking some time to absorb the nice words about you.

-  Play the Feel Good Flip Dots game using our free resource.
-  Use our Good Deed Dice resource to decide what your next act of kindness will be. Use the blank template in the resource to make your own.
-  Throw a smile. Draw faces on a number of tennis balls, one or two for small groups and more for larger groups. When the music starts throw the tennis balls between you in a circle and when the music stops, those holding the balls should try and make the others in the group smile. For large groups split in to two or more smaller circles.



Other

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-  Kind people have 23% less stress hormone and age slower than the average population. Find out some more fun facts about being kind and share them.
-  Record your daily acts of kindness with our Random Acts of Kindness Calendar resource; use our A-Z of Random Acts of Kindness for inspiration.
-  Discuss: what is kindness? How does it make you and others feel?
-  Take part in World Kindness Day on 13th November and encourage your community to get involved too.
-  Celebrate Random Acts of Kindness Day, part of Random Acts of Kindness Week (RAK Week) in February.
-  Support the work of Small Acts of Kindness: smallactsofkindness.co.uk.
-  Volunteer and give your time to help someone other than yourself.
-  Create a community garden or support the development/maintenance of a local green space. Take a look at the 'Urban Kindness' garden in Curitiba, Brazil and take inspiration from it.
-  Support or volunteer at a local running/sporting event and show kindness like the 'Angels of the Camino' in Spain; locals along the Camino de Santiago pilgrimage route who provide directions, food, water and places to stay.
-  Discover the South African philosophy of *ubuntu* meaning, "I am what I am because of who we all are." How can you live your life more in this way? Share ideas in a group or with your family.
-  Grow in kindness and use our free resource to record your acts of kindness to the world around you. In 2017, New Zealand recognised the Whanganui River as having the same legal rights as human beings; putting the Māori concept of Kaitiakitanga (guardianship of the sky, sea and land) in to practice.
-  Donate unwanted items to a local charity or good cause.
-  Show gratitude and thank someone in any way you like; from a home made card to an edible thank you or just spending time together, you choose.
-  We saved the BIGGEST challenge until last...Can you complete 100 acts of kindness? It's a BIG challenge but we've made a colour in poster for you to help track your efforts. Download your 100 Acts of Kindness poster for free from the website and tag us in your efforts on social media.

Adventure Complete?

Reward your young adventurers with their Kindness Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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