



## Make and write some kindness cheques



Make and write your own kindness cheques and make promises to help others.

### Activity Type



#### Age

7 - 11  
14 - 18

### Time



#### Equipment

Card  
Colouring Pens  
Paper  
Pencil

### Environment



#### Subject

Art  
Wellbeing

### Price



#### Soft Skills

Accountability  
Communication  
Empathy  
Fine Motor Skills  
Negotiation  
Responsibility

