

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



For leaders

For example, "I promise to help with the washing up at least once a week."

Age 14 - 18

Age 7 - 11

Activity details

This activity counts towards...



• Buddy Bag Foundation

£	Indoors
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Day/Night

11 - 14

14 - 18

5 - 7

7 - 11

3 - 5

Autumn

Spring

Summer

Winter

Skills:

- Accountability
- Communication
- Empathy
- Fine Motor Skills
- Negotiation
- Responsibility

Equipment:

- Card
- Colouring Pens
- Paper
- Pencil