

Grow In Kindness

Use this tracker to record Acts of Kindness to the world around you and put the Māori concept of Kaitiakitanga (guardianship of the sky, sea and land) in to practice. Use the ideas in the fluffy clouds as inspiration and record your actions in the flower heads.

Walk, ride a bike or take the bus instead of using the car.

Have a day eating meat free and opt for plant based alternatives.

Plant some wildflower seeds.

Take a carrier bag on your next walk and fill it with litter to recycle.

Turn off lights and electrical appliances when not in use.

