

## Challenge yourself to take part in 3 Random Acts of Kindness

Get creative – a kind act can be helping your neighbour, school, town or the whole planet!

Use the boxes to write about each act of kindness, the effect that it had and how it made you feel.

Not sure what to do? Here are some ideas:

-  Help someone learn a new skill
-  Show kindness by writing, drawing or making something.
-  Help a charity collect money or goods to help others.
-  Be kind by doing something to help the planet.

1 credit

### Collecting your credit

Complete this activity sheet.

Show your review your teacher and ask them to sign your passport.

Log on to [cus-aspire.com](https://cus-aspire.com) and search for 'Random Acts of Kindness Challenge' to log your credit online.

# Random Acts of Kindness Challenge

Act of kindness 1:

Act of kindness 2:

Act of kindness 3:



# THE SCIENCE OF KINDNESS



There are lots of scientifically proven benefits to being kind

## Feel more confident

Doing regular acts of kindness can help us experience more positive moods and feel more confident in social situations.

(University of British Columbia & Random Acts of Kindness Foundation study, 2016)

## Live longer

People who volunteer their time can reduce their chance of heart disease and even live longer! They also experience less aches and pains.

(‘Raising Happiness; In Pursuit of Joyful Kids and Happier Parents, Christine Carter)

## Stay healthy

If we see or do kind acts, our bodies make a hormone called ‘Oxytocin’ which reduces our anxiety, increases self-esteem and even improves heart health and blood pressure.

(Christine Carter, UC Berkeley, Greater Good Science Centre)

## Be less stressed

Cortisol is a hormone our bodies make when we’re stressed. People who regularly do kind acts have 23% less of this ‘stress hormone’.

(Random Acts of Kindness Foundation)

## Feel happier

When we do an act of kindness, our brain’s produce a chemical called Serotonin. This feel-good chemical heals wounds, calms you down and makes you feel more happy!

(Random Acts of Kindness Foundation)

## Have more energy

When we do an act of kindness, our brain’s produce a chemical called Serotonin. This feel-good chemical heals wounds, calms you down and makes you feel more happy!

(Random Acts of Kindness Foundation)



## Find out more

Visit: [www.randomactsofkindness.org](http://www.randomactsofkindness.org)  
for more information and resources for parents,  
children and teachers.

