

The graphic features the word 'NINJA' in a stylized, blocky font at the top. Below it, the word 'Kindness' is written in a large, cursive script. At the bottom, the word 'BINGO' is written in large, bold, yellow capital letters. On either side of the text are two black silhouettes of ninjas in various poses, one on the left and one on the right, both wearing yellow eye masks.

NINJA Kindness BINGO

Kindness comes in all shapes and sizes, but it can be even better when the person you're being kind to, doesn't even know it was you! Why not try a bit of Ninja Kindness this half term? Complete three in a row to call a kindness BINGO. (If you really want to have some fun, try doing them ALL!)

Email us at stories@thousandhours.org, with your name, what you did, and any stories you have! We'll send you a printable certificate for taking part, and we'll also log an hour for you, towards "A Kindness Revolution"

Ready. Set. GO.

Write an encouraging letter or card to a neighbour to brighten their day. Post it through their letterbox- don't write your name at the end!

Tidy your room without having to be asked.

Pick up some litter you see outside, and put it in a bin.

Choose 1 or 2 of your toys that you don't play with anymore. Donate them to a local charity shop.

(Don't forget to ask your Mum/Dad's permission first!)

Take a little bucket of water, washing up liquid and a sponge- clean your road signs outside your house until they're sparkly!

(Don't forget to ask an adult to help you!)

Write a letter or card to your teacher telling them why you think they're great. Don't write your name at the end!

(You can leave it on their desk secretly when you go back to school!)

When you drink a bought bottle of drink, wash the bottle and re-use it instead of throwing it away and buying a new one!

(If you have to throw it away, recycle it!)

Hold the door open for every person you can during the week, and smile at the people as they walk through the door.

When your Mum or Dad ask you to do a chore around the house that you don't want to do, listen quietly, and do it anyway, without moaning.