

20 Kindness Missions



Support someone today with their learning, or in the pool or playground	Give a compliment for something someone else does you think is ka pai	Let someone else go first or before you	Share you pencil, rubber or felts - give up a colour more quickly so you can all finish	Help someone out - open the door if they're carrying something, offer to help someone with what they're doing, help tidy up (even if it's not your mess!)
Tidy the classroom up or some things you can see out of place	Show some kindness towards some younger tamariki - offer to help them or play their game	Head outside to see how te taiao might need a tidy, pick up any rubbish	Make a card for someone you've appreciated over the past week	Leave a kind note on an extra piece of paper in a library book for someone else to find
Say "ngā mihi" to thank someone when you notice someone doing something kind for you.	Smile and say "kia ora" or "mōrena" a little more often today	Invite more people into your game	Be kind and respectful to everyone you encounter throughout your day. Reflect on how you feel at the end of the day.	Create a kindness wall where you can all write compliments and encouraging messages to each other.
Compliment a peer on something they've done well.	Hold the door open for someone.	Offer to help a kaiako or other staff member with a task.	Write a class ngā mihi note to someone that helps you at school or kura such as whānau member, kaiawhina....	Sit with someone new during lunch and strike up a kōrero.