

# NOTES OF KINDNESS



GET INVOLVED



20 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Putting smiles on people's faces is one of the best things you can do. Help put smiles on the faces of your family by leaving hidden notes around the house.

Write some notes on small pieces of paper or post-it notes. These might be positive messages, saying thank you for something, telling them you love them etc.

For example you might leave a note on your grown-up's pillow saying you love them, a note in your sibling's shoe saying they are a great brother/sister, a note in the fridge thanking a grown-up for feeding you or a note by the TV remote with a funny joke on.

Once you've created the notes, hide them around your house – but don't tell your family where they are. Let them find them randomly throughout the day as a nice surprise and enjoy seeing them smile.

Ask a grown-up to take a photo of your notes of kindness and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Paper
- Pens



## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.