**Think of Others Thursday**

**Complete one of the following activities *(or as many as you like!)***

* **It is nice to be nice!**

**Choose three ‘Random Acts of Kindness’ from the board to complete this week.**

* **We know it is hard not seeing your school friends at the moment, but we will all be together again soon. I am trying to make a delicious recipe for a Friendship Pie! So far, I have 3 spoonfuls of kindness, a sprinkle of laughter and a pinch of patience! What other ingredients do you think would make a good Friendship Pie? (template attached).**



* **I bet there is someone that you really miss and can’t wait to give them a big squeeze! Why not fill out a ‘Keep This Hug Safe’ form, so they know that you are thinking about them (template attached).**
* **Try the Bumblebee Breathing Technique as you think about all the wonderful people in your life.**

