

Three Acts of Kindness for the Win

One act of kindness for yourself, one for a friend, one for a stranger — every single week.

SCAN TO SEE IT PLAYED



The core game

How it works

- 1 Get a piece of paper and write three names: your own, a friend or family member's, and a stranger you haven't met yet.
- 2 During the week, do one meaningful act of kindness for each person on your list.
- 3 At the end of the week, reflect on each act — how did it feel to give? How did the other person respond?
- 4 Start fresh the following week by writing three new names and finding new ways to show kindness.

Ways to play

Two versions for every occasion

Way 1 — Solo Weekly Challenge

Best for 1 player · Any setting, ongoing weekly habit

- Every Monday, write your own name, a friend or family member's name, and a stranger's placeholder on a piece of paper.
- Choose a kindness for yourself — something restorative like a relaxing bath or a favourite treat.
- Choose a thoughtful kindness for your friend — a handwritten note, a helpful chore, or a surprise.
- Choose a kindness for a stranger — holding a door, paying for their coffee, or a genuine compliment.
- On Sunday, sit quietly and write a few sentences in a journal about how each act felt.

Way 2 — Family Kindness Board

Best for 2-5 players · Home, visible on the fridge all week

- On Sunday evening, each family member writes their three names on a sticky note and puts it on the fridge.
- Swap ideas at dinner on Monday — brainstorm fun kindness acts together.
- Check in mid-week: who has ticked off their acts so far?
- On Saturday, gather to share your kindness stories — what happened, what surprised you.
- Vote as a family for the most creative act of kindness and celebrate it together.

TIP FOR PARENTS

Try this at home

Help your child be concrete and specific with their plan — 'I will draw Grandma a picture on Wednesday after school' is much more likely to happen than a vague intention to 'be nice this week'.

THE SCIENCE OF PLAY

Why it works

Studies consistently show that performing intentional acts of kindness raises the giver's mood just as much as the recipient's — and the effect is strongest when the acts are varied and deliberate. Including yourself in the list teaches children that self-compassion is the foundation of genuine generosity.

SCHOOL ' HOME

The connection

Your child explored kindness as an active choice at school this week — keep the momentum going at home by doing the challenge together as a family and sharing your stories each evening.