

# BeKind

BeSpace activities to bring a sense of peace and calm to your life...

- 1. Thank you cards:**  
Write thank-you cards to people who help you (e.g. your teacher, postman, road sweeper, checkout assistant...). As you write your card say a hope or prayer for that person.
- 2. Love hearts:**  
Draw a large heart and write in it all the ways you can love someone. Think about someone you want to show more love to and try one of the things you have written down.
- 3. Horrible jobs:**  
What horrible jobs need doing? Could you empty the bins or wash the car/dog or tidy the toys away! As you do your job you could think a thankful thought or prayer for the person who normally does that job.
- 4. Thinking of you:**  
Send someone a message to let them know you are thinking about them. As you write you could say a hope or prayer for that person.
- 5. Caring starts at home:**  
Find out where your nearest care home is and draw a picture or write a letter to the residents. As you do this you could say a thought or prayer to keep the residents healthy at this time.



## BeKind

**“Be kind and compassionate to one another.”**

Ephesians 4:32 (NIV)

**“Do to others as you would have them do to you.”**

Luke 6:31 (NIV)

Print and cut out your BeCalm Card to take away...