

Little Acts of Kindness

One small, thoughtful gesture can make someone else's day.

Print out this list of little acts of kindness and check off as many as you can this week!

Working in schools can be stressful!

These articles are intended to help the great people who work in schools to reduce their stress and increase their satisfaction.

One small thoughtful gesture can really make somebody's day

Helping others benefits both the receiver and the giver

We never know everything that is going on in somebody else's life - cut them some slack!

Goodness in other people and what they contribute inspire me. I love it when someone is gifted and shares it in some way so that it has a trickle-down effect.

Renee Zellweger

- 😊 Do something special for the staff in the front office at your school.
- 😊 Call the parent of a student who is really trying – tell them about their child's efforts.
- 😊 Praise a fellow staff member – be specific about exactly what they did, that you liked and tell them how that made you FEEL.
- 😊 Listen with all your senses.
- 😊 Put a little note in your child or partner's lunch box, telling them how much you love them.
- 😊 Write a note to the boss of someone who provided you with great service and explain how great a job that person is doing.
- 😊 Say "Good morning" to every stranger you see this morning.
- 😊 Simply say "I'm sorry" when you're wrong.
- 😊 Write a letter to a child who could use some extra attention. Kids love getting mail.
- 😊 Call a friend that you haven't seen for a long time.
- 😊 Offer to do duty for a colleague who needs a break.
- 😊 Encourage someone who seems despondent.
- 😊 Say "I love you" to someone you love.
- 😊 At the end of the lunch break, take a cold drink to a person who just finished duty.
- 😊 Buy a pair of movie tickets as a thank you to a friend.
- 😊 Volunteer to take care of a friend's dog while she is on holidays.
- 😊 Each time you get a new item of clothing, give away something old.
- 😊 Ask someone "How are you really doing?"—and then really listen to their response.
- 😊 Bring a colleague a coffee.
- 😊 Do something special for the people who clean your area.
- 😊 Out of the blue, send flowers to a friend.
- 😊 Offer change when the person in front of you at the register comes up short.
- 😊 Let a fellow driver merge into your lane.
- 😊 Before a friend moves away, give her your favorite recipe or quote and a photo of the two of you together.
- 😊 Offer to baby-sit for a single mum.
- 😊 Pass along a great book you've just finished reading.
- 😊 Call or write to a teacher who changed your life.
- 😊 Put an inspiring quote up on the noticeboard.
- 😊 Bake a cake to share in the staffroom.

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Steve Francis is an expert in work-life satisfaction and is the author of three books, 'Time Management For Teachers', 'A Gr8 Life...Live it now!' and 'First Semester Can Make or Break You!'. He was a Principal for 20 years. Steve lives in Brisbane with his wife and two school aged children.

