

Together, draw a picture or write a letter to a friend, relative or neighbour and post it or email it to them.

Show your child how to start a conversation with another familiar parent or carer at the school gate, by asking them how they are or maybe just give a smile.

Investigate the cinnamon trust,
can you walk a dog together for
an elderly person who can't get
out so easily?



Grab a binbag together and go on a litter pick.
Can you tidy up a small area of your world?

Help someone before they ask. Hold the door open for the person behind you and model manners.

Can you as a family decide the toys that are no longer needed? Take them to the charity shop.