



Wallchart for Home

We are running our scheme for 28 school days – but there are more ideas here so that you can continue at home. Tick them off as you go. You can do them in any order!



1	2	3	4	5
Tidy up your room without being asked	Send a letter or picture to a grandparent, relation or family friend	Cut down your screen time – tv, internet or games, and suggest playing a family game together	Collect food and canned goods for Harrow Foodbank	Try to spend a whole day without arguing with anyone
6	7	8	9	10
Save energy. Turn off lights, TV and chargers when you leave a room	If someone in your family has done something special for you, write them a thank you note	Do chores without complaining	Make some biscuits or sweets to give to your family as a gift	Say something nice about someone
11	12	13	14	15
Make an extra effort to smile more today	Make a note saying something nice for members of your family and hide them in a place they will find them	Set the table and clear away or do the washing up without being asked	Pick up litter outside your home, or somewhere else (ask an adult – be safe!)	Be generous with your words, pay a compliment to a family member or friend
16	17	18	19	20
Talk to someone who needs a friend	Help with the washing up without being asked	Write a letter or email to someone from your family who you haven't seen for a while	Make a present or a scrap book for a relative – include things that they like	Read to someone
21	22	23	24	25
Play a game with a brother, sister or friend	Help to make a meal and to serve it to your family	Open a door for someone today	Pray for someone you know, or tell them that you are thinking of them	Bake a cake and share it with friends
26	27	28	29	30
Say thank you to someone who helps you all the time	Make a list of things that you are thankful for	Find a toy or book you no longer use and give it to someone as a gift	Write a story for someone	Make a card for someone – an Easter card, a thank you card, or just a 'hello' card