

Rusty's Challenge

Be kind. Be helpful. Do your best

For 2 weeks write down something every day that you do or achieve that shows how you are being kind, helpful and doing your best. Here are some ideas to try:-

- Doing something nice for someone in your family or being kind to someone
- Helping a family member with jobs, keeping your bedroom tidy, helping with the shopping.
- Trying hard in your schoolwork or trying something new
- Sending a picture or a note to a family member or friend that you cannot see at the moment

NAME

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Tuesday	
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