

What is an act of kindness? *It is something you do for another from your heart. It is Kelly's belief that being kind, compassionate and caring towards others helps you to learn to be kind to yourself.*

Each course (Agriculture, BCP and C+J) is creating a *kindness wall* – on that place we shall all post a note to another letting them know how we can help one another.



How do we start this here?

1. On this piece of paper – write your name, your year, and something that you would like someone to kindly help you with.
2. Post your paper on the wall of your course classroom.
3. Take a coloured 'sticky-note' and write your name and year on it and attach it to the sheet of the person you will help with an act of kindness.
4. Post the results on the Kindness Blog

My name:

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How someone can help me:

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