



Nightingale Primary School

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Dear Parents,

Children in Need 2025

On the Week 10th to 14th November 2025, we are going to raise money for Children in Need. This year we would like to invite the children to 'CHALLENGE YOURSELF' as this is the theme of Children in Need this year.

It is also anti-bullying week in the same week, so we are going to combine the two important causes.

This year, Children in Need are 'Challenging the children to 25' so we have decided that every child is going to try '25 acts of kindness' in this week.

These can be acts of kindness at school or at home and they can record it on the sheet that will be given to them on the 7th November and adults can sign each day to confirm that they have achieved it. Attached are some ideas of what the children can do to achieve the acts of kindness.

Certificates will be awarded to those who can prove that they have completed 25 acts of Kindness by Friday 14th November.

Children are also encouraged to challenge themselves to '25 of something else' such as:

- 25 books read
- 25 km walked/ran/cycled
- 25 penalties scored
- 25 minutes of non-stop hula hooping
- 25 minutes (or hours) of silence



On Friday 14th November 2025, the children will also be able to dress up in 'something that will make others smile'. This will be a competition where the Young Governors will choose the outfits that make them smile the most to win some prizes.

Please collect sponsors for your child to 'Challenge themselves to 25' and pay £1 in return for the outfit to make someone smile. If you wish to donate online please do it via -

https://www.justgiving.com/page/nightingale-4?utm_medium=FR&utm_source=CL

Sponsorship forms are also attached if needed.

Thank you for your support as always and send in photos of your children's challenges at
teachers@nightingale.hants.sch.uk

Kind Regards,

Miss Anderson & The Young Governors

1. Give someone a flower for no reason
2. Make a card and give it to someone
3. Do your chores without someone telling you to
4. Help out with your little brother or sister
5. Take turns and share
6. Give a Hug
7. Call or tell someone I Love You
8. Clean your house
9. Donate something you don't use
10. Plant a tree or plant
11. Smile
12. Say Hello
13. Write a special note to a friend
14. Give someone a compliment
15. Play with someone that needs a friend
16. Visit the elderly
17. Help out your Grandma and Grandpa
18. Tell your parents how much you love them
19. Read a book to a brother or sister or friend
20. Help a neighbor in need
21. Be Kind to others all the time
22. Keep your room clean
23. Make your bed
24. Share a treat with a friend
25. Share a toy
26. Help your mom or dad make dinner
27. Set the table for dinner
28. Hold the door for someone
29. Always say Please and Thank You
30. Speak kind words
31. Have a electronic free dinner time
32. Obey your parents
33. Take the dog for a walk
34. Tell someone how pretty they are
35. Pickup trash around your neighborhood
36. Visit a retirement home
37. Have the courage to be kind to someone that kids aren't being nice to.
38. Always wear your seat belt and make sure your brothers and sisters have theirs on too!
39. Babysit for FREE for a neighbor in need
40. Be kind to yourself, we all make mistakes
41. Make a treat and deliver it
42. Make the mail man a thank you note
43. Do Community Service
44. Clean a church
45. Help your family or neighbor with yard work
46. Call your grandparent and tell them your favorite memory of them.
47. Tell someone a joke to cheer them up
48. Take treats to a fire station
49. Thank a service member for fighting for our country.
50. Honor someone who has passed away by visiting their grave site and/or take them a flower.
51. Draw a picture for your librarian
52. Write a note to someone that you admire or to someone that inspires you.
53. Host a Trick-a-Thon
54. Weed a neighbors garden
55. Call your parents at work and tell them how much you appreciate them and all that they do for you.
56. Donate food to a food bank
57. Pass on some books that you don't read to someone that would enjoy reading them.
58. Sit next to someone that you don't normally do at lunch.
59. Help carry out the groceries and help put them away when you get home.
60. Introduce yourself to someone new at school and be their friend.
61. Donate your chore money to charity.
62. Support a Cause in your local community
63. Give someone a compliment everyday
64. Do someone's chore without them knowing
65. Bring a flower to your teacher
66. Take care of someone's pet while they are away
67. Make a get well card for someone
68. Teach someone something new
69. Recycle

Let a sibling go first	SAY something nice to someone	Decorate Kindness Rocks	Share	Play with SOMEONE NEW
1	2	3	4	5
PICK UP trash without being asked	Say sorry if you do something wrong	smile at someone	Put a dollar on a vending machine	HOLD THE DOOR FOR SOMEONE
6	7	8	9	10

Make a care package	Say "good job"	Give someone a flower	Say hi to someone	Volunteer
11	12	13	14	15
Write a nice letter	Give a hug	Color a picture for someone	Say "thank you"	Make a handmade gift

1. Write a Thank You note to a teacher.
2. Babysit for a friend for free.
3. Buy ice cream for someone.
4. Leave a great review for your favorite restaurant.
5. Surprise someone with fabulous.
6. Pay it forward at your favorite drive-thru.
7. Donate to a charity.
8. Give a stranger a compliment.
9. Take someone a meal.
10. Write a Thank You note to a neighbor.
11. Call someone you haven't talked to in a while.
12. Bring flowers to someone.
13. Read to a child.
14. Donate food to a food pantry.
15. Use social media to inform others about a non-profit that you really like.
16. Smile and say "Hi" to 5 people you don't know.
17. Donate school supplies to a local school.
18. Support a small business that you don't normally use.
19. Pick up litter somewhere in your neighborhood.
20. Buy donuts for someone.
21. Plan a social event for your friends.
22. Pass along a favorite book to someone.
23. Write a Thank You note to a relative.
24. Leave a generous tip for waitstaff.
25. Leave a roll of quarters at a Laundromat.
26. Give a treat to your mail carrier.
27. Let kids choose what to have for dinner.
28. Donate 5 articles of clothing that you don't wear any more.

1. Clean Your Room Without Being Asked
2. Let Someone Have A Turn Before You
3. Help Someone Struggling With Homework
4. Smile At Everyone You See Today
5. Leave A Kind Note For Your Teacher
6. Be Caught Being Kind
7. Ask Someone Playing Alone To Play With You
8. Pick Up Trash In Your Neighborhood
9. Only Let Kind Works Out
10. Pick A Few Toys To Donate
11. Make It A No Complaining Day
12. Cheer Up A Friend In Need Of Cheering Up
13. Make A Card & Give It To Someone Special
14. Clean Up After Someone Else
15. Help Someone Before They Ask You
16. Walk A Neighbors Dog
17. Make Someone Else's Bed
18. Offer To Help Your Teacher At Recess
19. Compliment 5 People Today
20. Thank Those Who Help At Lunch
21. Tell Your Teachers Thank You
22. Say Hello To Everyone You Meet Today
23. Teach Someone Something New
24. Make A Card For Hospitalized Kids
25. Send A Card To A Soldier

26. Make A Pretty Book Mark & Leave It In A Library Book
27. Do A Chore For Someone Without Them Knowing
28. Use Only Positive Words
29. Let Someone Go Ahead Of You In Line
30. Write A Thank You Note To Your Principal
31. Tell A Loved One How Important They Are To You
32. Share A Smile With Someone Who Needs It
33. Rake Leaves or Shovel Snow For A Neighbor
34. Bring A Neighbors Garbage Can Up Their Driveway
35. Pick Up Litter On The Playground
36. Hold The Door For A Stranger
37. Return A Cart For Someone At The Store
38. Say Something Nice To Everyone You Talk To Today
39. Call Your Grandparents Just To Chat
40. Share A Joke With A Friend Who Needs It
41. Give A Extra Hug To Your Parents
42. Say Thank You All Day Long
43. Share Your Toys With Your Siblings
44. Do A Favor For Someone Today
45. Include A New Friend
46. Read A Book To A Family Member
47. Be A Positive Influence On Others
48. Share A Laugh With Someone Who Needs It
49. Let Someone Go Ahead Of You In Line
50. Tell Someone Why They Are Important To You

<input type="checkbox"/> Give a stranger a gift.	<input type="checkbox"/> Call a relative.
<input type="checkbox"/> Open a door for someone.	<input type="checkbox"/> Say 'hello' to a stranger.
<input type="checkbox"/> Bring blankets to a homeless shelter.	<input type="checkbox"/> Help with chores.
<input type="checkbox"/> Put out neighbor's trash.	<input type="checkbox"/> Donate a book to the library.
<input type="checkbox"/> Write a thank-you note to a teacher.	<input type="checkbox"/> Donate old toys.
<input type="checkbox"/> Volunteer.	<input type="checkbox"/> Donate outgrown clothes.
<input type="checkbox"/> Bring food to someone.	<input type="checkbox"/> Pick up litter.
<input type="checkbox"/> Compliment a stranger.	<input type="checkbox"/> Clean neighbor's garden.
<input type="checkbox"/> Mow neighbor's yard.	<input type="checkbox"/> Babysit.
<input type="checkbox"/> Give snacks to mail carrier.	<input type="checkbox"/> Make a gift for a friend.
<input type="checkbox"/> Visit a nursing home.	<input type="checkbox"/> Send a care package to deployed soldiers.
<input type="checkbox"/> Send anonymous flowers.	<input type="checkbox"/> Donate to your favorite charity.
	<input type="checkbox"/> Pay for a strangers coffee.