

# SAM Challenge - Love - St Silas Academy

## Phase 1 Years 1-3 Love

### Home

Tell an adult about a good deed you have done at home. Explain how it made you feel. Draw a picture showing you carrying out the good deed. How did it make you feel? How did it make others feel?

Complete five jobs that would be helpful to the adults in your house. It could be tidying your bedroom, doing the washing up/loading and unloading the dishwasher, looking after the family pet, making your bed or hoovering up. You decide which of the jobs would show the most love.

What ways can we show love for the environment? Draw a picture to show how we can take care of nature and show love for the plants and animals. What do you do that shows love for animals and the environment?

Make a thankyou card to send to someone for something they have done/said/given to you. Tell them how they have shown love to you and how much you appreciate it. Take a picture of the card before you send it.

### Wider Community

Write a poem about forgiveness. Why does it show love for one another to forgive? Illustrate your poem.

Take part in a kindness challenge. Every day for two weeks, show your love for others by carrying out random acts of kindness. You could donate some of your toys to charity, leave a note for someone with a nice message in it, invite someone new to play with you, hold the door open for someone, reuse a plastic bag instead of throwing it away, pay someone a compliment or tell someone you love them. There are many more ideas online. Record your random acts of kindness in a list.