

Woodford Primary School - 'Pay it forward' matrix. Complete/repeat as many as you like!

Participate in an outdoors game/activity with a family member	Clean your bedroom	Bring a family member a snack	Participate in an indoor game/activity with a family member	Compliment someone- do it more than once.
Ask a family member to JOIN YOU for an outdoors game/activity	Clean/tidy a room of the house	Bring a family member a cold drink	Ask a family member to JOIN YOU for an indoor game/activity	Compliment someone outside your family- do it more than once.
Select a 'family movie' for you to watch together	Clean/tidy an area outside/front yard/backyard	Bring a family member a tea/coffee	Read a book with a family member	Write a secret compliment to another person
Select a 'family tv show' for you to watch together	Send an email to someone. Write three questions Three things you are grateful for.	Leave a surprise message in a family member's bedroom (on the bedside table?)	Make dinner with your parents.	Write a secret compliment to another person, drop it in their letter box
Dance freely in your lounge room	Send an email, video call to someone. Write three questions Three things you are grateful for.	Leave a surprise treat in a family member's bedroom (on the bedside table?)	Plan a menu for the next meal time and assist with the cooking	Select some appropriate 'dinner music', instead of just watching the TV
Encourage others to join in your dance	Send an email, video call or write a letter to someone. Write three questions Three things you are grateful for.	Leave a surprise treat and message in a family member's bedroom (on the bedside table?)	Set the table, ask Mum and Dad if they need help with tea preparation.	Learn something you have always wanted to learn. Start small...build up. Eg: card game, magic trick, rubiks cube etc
Teach Mum and Dad a dance learnt at school with Mr A.	Keep a journal for each day not at school. Add pictures, use magazines.	Fill a bucket with warm soapy water. Throw in plastic toys-give them a scrub. Leave out to dry, pack away	Look after the family pets. Clean, groom, feed, snuggle, exercise them.	If you have family away in Melbourne. Reach out - write a letter. Send them some kind thoughts.
Paint a rock or write a special message. Place it somewhere for others to find.	Bake something and give it to your neighbour-ask Mum or Dad first.	Create a jigsaw for someone not in your family	Pick some wattle or flowers from your garden and put them in a vase for the family to enjoy. (Check with Mum or Dad first)	Host a 5min Mindfulness in the Lounge Room (or Backyard). OR create a 5min Mindfulness schedule for 7 days.
Use chalk to draw a colourful rainbow, or write a positive message, on the front footpath	Put some teddy bears in the front windows, so people walking past can see them	Print and decorate a Where's Wally. Put them around your street for people to find.	Make a sign to say thank you to the many Emergency Workers. Place it in a public space.	Say "yes": Encourage them to say yes to everything they're asked that day

