



Kindness Calendar



1
Make a thank you card and give it to someone.

2
Help someone to do something.

3
Say please and thank you.

4
Say well done to someone.

5
Make someone laugh today.

6
Play with someone new today.

7
Share your favourite game with someone.

8
Help someone when they are upset.

9
Offer to clean the classroom or your bedroom.

10
Sit next to someone new at lunchtime.

11
Help people who are on their own at playtime.

12
Hold the door open for someone.

13
Encourage someone to keep trying.

14
Teach or share a new skill with someone.

15
Write down something you love about yourself.

16
Ask a friend if they are OK.

17
Play nicely with your brothers, sisters, cousins or friends.

18
Send a note to a friend saying why they are a good friend.

19
Think about how you feel when you are kind to someone. Write at least three feelings.

20
Take five minutes to think about the kindest thing you did today.

21
Say well done to yourself for being you.

22
Make a list of the best things about your parents/carers.

23
Tell your friend a joke.

24
Leave a message for someone to say why they are special to you.

25
Spend time doing something you enjoy.

26
Pick up litter and put it in a bin.

27
Write down three favourite things about yourself.

28
Create a picture of all the things that are important to you and give it to someone special.

29
Tell someone why they are important to you.

30
Take five minutes to think about how you can continue to be kind every day.

