

KIDS' KINDNESS CALENDAR

			THURSDAY 1ST	FRIDAY 2ND	SATURDAY 3RD	SUNDAY 4TH
			GIVE SOMEONE A COMPLIMENT	HELP A PARENT WITHOUT BEING ASKED	KINDNESS WORKOUT #1	GREET EVERYONE WITH A KIND WORD
MONDAY 5TH	TUESDAY 6TH	WEDNESDAY 7TH	THURSDAY 8TH	FRIDAY 9TH	SATURDAY 10TH	SUNDAY 11TH
ASK A NEW FRIEND TO PLAY AT SCHOOL	KINDNESS WORKOUT #2	HOLD THE DOOR OPEN FOR YOUR CLASSMATES	GREET YOUR CLASSMATES WITH AN EXTRA BIG SMILE TODAY	HELP A CLASSMATE TIDY AWAY AFTER LESSONS	INVITE YOUR FAMILY TO PLAY A BOARD GAME TOGETHER	KINDNESS WORKOUT #3
MONDAY 12TH	TUESDAY 13TH	WEDNESDAY 14TH	THURSDAY 15TH	FRIDAY 16TH	SATURDAY 17TH	SUNDAY 18TH
ENJOY OUR <u>VALENTINE'S ACTIVITY BOOK</u>	HELP MAKE PANCAKES FOR DINNER	SHARE A POCKET HUG <small>(SEE OUR VALENTINES ACTIVITY BOOK)</small>	KINDNESS WORKOUT #2	HELP THE TEACHER WITHOUT THEM ASKING	CHOOSE YOUR OWN RANDOM ACT OF KINDNESS!	KINDNESS WORKOUT #1
MONDAY 19TH	TUESDAY 20TH	WEDNESDAY 21ST	THURSDAY 22ND	FRIDAY 23RD	SATURDAY 24TH	SUNDAY 25TH
TELL A FRIEND WHY THEY ARE AMAZING!	DO A CHORE WITHOUT BEING ASKED	PICK UP LITTER	CHEER UP A CLASSMATE WHO LOOKS SAD TODAY	KINDNESS WORKOUT #2	GIVE A PARENT A COMPLIMENT	TELL A JOKE AND MAKE SOMEONE SMILE!
MONDAY 26TH	TUESDAY 27TH	WEDNESDAY 28TH	THURSDAY 29TH	KINDNESS WORKOUTS... #1. 10 JUMPING JACKS, 10 SQUATS, 5 BURPEES. REPEAT 3 TIMES. #2. 15 MINUTE WALK WITH A FRIEND, SIBLING OR PARENT. #3. 15 MINUTES DANCING TO YOUR FAVOURITE MUSIC.		
CALL A GRANDPARENT OR RELATIVE FOR A CHAT	DONATE SOME OLD BOOKS TO A FRIEND, SCHOOL OR LOCAL LIBRARY	KINDNESS WORKOUT #3	THINK OF WAYS TO CONTINUE TO BE KIND TO YOURSELF OR OTHERS			

February 5th-11th, Children's Mental Health Week
 February 13th, Pancake Day/Shrove Tuesday
 February 14th, Valentine's Day
 February 17th, Random Act of Kindness Day

