



Kindness Calendar

You may be aware that this year Mental Health week has been focused on the act of being kind. I would like to share with you this fantastic idea from the Mentally Healthy Schools website. It is a kindness calendar that helps you to plan one way to be kind to others and yourself each day. I've also included some questions for you to talk about with an adult at home about why it is important for our well-being that we are kind.

Thank-you
Mrs Woollen



7 DAYS OF KINDNESS

BEING KIND TO OTHERS

MON

REMINDE A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER

TUES

HELP TIDY UP



WED

TELL SOMEONE A JOKE



THURS

BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/SISTER/CLASSMATE

FRI

GIVE 3 COMPLIMENTS TODAY



SAT

MAKE A CARD OR GIFT FOR SOMEONE



SUN

ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY

BEING KIND TO MYSELF

WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)



LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY



TRY OUT A MINDFULNESS ACTIVITY

(TRY ONE OF OURS!)



GIVE YOURSELF 3 COMPLIMENTS



EAT SOME OF YOUR FAVOURITE FOOD



SPEND SOME TIME ON YOUR FAVOURITE HOBBY



PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY

NAME:

7 DAYS OF KINDNESS

DATE:

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

BEING KIND TO MYSELF

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS							
BEING KIND TO MYSELF							

How it works

Each day, have a look at the calendar and choose one of acts of kindness for you to complete that day. Or you could use the blank template to create your own calendar with ideas that suit you and your family. For example:

Being kind to others:

- Share a game with a sibling
- Send a compliment to a friend over social media
- Phone a grandparent and have a conversation with them
- Ask a family member if they would like a drink
- Share a snack with a younger sibling
- Write a message to your teacher thanking them for everything they do
- Clear the table after dinner for your family
- Pick up a piece of litter when you go out on a walk
- Smile and say hello to people you see whilst our exercising
- Draw a picture for a family member

•Being kind to yourself:

- Do some gentle exercise
- Read your favourite book
- Watch your favourite film
- Play a game with your pet
- Write down 3 things that you are grateful for
- Spend some time outside
- Do some arts and crafts
- Wear your favourite outfit
- Listen to some of your favourite music

Hmm have a think about.....

How does that activity that you have picked show kindness to others?

How might that activity make others feel?

How do you feel when you are kind?

Why is it important to be kind?



Links to more information

To access a PDF version of the calendar that you could print out, please follow this link: <https://mentallyhealthyschools.org.uk/media/2036/seven-days-of-kindness-calendar.pdf>

- Help with well-being

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

- Schools in mind

www.annafreud.org/schoolsinmind

- Child in mind podcasts

www.annafreud.or/childinmind

- On my mind

www.onmymind.info