

Month of Kindness



Want to make this the best month ever? Spreading kindness is a great place to start! Not only will you be helping other people, you'll also be helping yourself feel happier at the same time.

This is your own special Kindness Calendar. You can use it to record your acts of kindness during the month...we've added a few suggestions and left lots of blank spaces for you to add your own ideas.

What colour will you make your hearts? Use our colour key to decide!

- Green Heart - Acts that are kind to the planet
- Yellow Heart - Acts that are kind to ourselves
- Red Heart - Acts that are kind to other people

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Write a kind note for someone ♥	♥	♥	Have a screen-free day ♥	♥	♥	Help tidy up without being asked to ♥
♥	♥	Ask someone how they are and really listen to their answer ♥	♥	♥	Write down 3 things you love about yourself ♥	♥
♥	Spend time doing something that you love ♥	♥	♥	Give a loved one a hug ♥	♥	♥
♥	♥	Do something kind for someone in your household ♥	♥	♥	Spend at least an hour out in nature ♥	♥
Have a sort out of your clothes, toys and books and donate anything you don't need to charity. ♥	♥	♥	♥	Plant some bee-friendly flowers ♥	♥	Write a thank you note for someone who has helped you ♥

Congratulations! You have completed a whole month of kindness and helped to make the world an even kinder place.