

7 DAYS OF KINDNESS

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS



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

HELP TIDY
UP



TELL SOMEONE
A JOKE

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

GIVE 3
COMPLIMENTS
TODAY



MAKE A CARD
OR GIFT FOR
SOMEONE

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