

Teacher's notes

This activity can be done as a family, with friends, or as a class. The students fill in the calendar with kind actions they are going to do for 7 days. They can cut them out and place into a jar and ask a different family member/friend/classmate to choose one a day.

Do this for a week and discuss how carrying out kind actions makes them feel. Chances are it will make them feel good!

Learning objective

- ★ **GSE Writing:** Can write simple sentences about what they would like to do or be in the future.

Kindness calendar

Write down 7 kind things you can do this week for your friends and family. What are you going to do? Cut them out. Each day, ask your friend/family to choose.

buy something for my friend/family

help a friend

call someone who is lonely

carry a friend's bags

draw a picture for a friend

clean your room

cook a meal for your family

make a cake

take the dog for a walk

fold the clothes

say something nice

forgive someone

play a game with someone

tell a joke

Day: _____

Today, _____

Day: _____

Today, _____

Day: _____

Today, _____

Day: _____

Today, _____

Day: _____

Today, _____

Day: _____

Today, _____

Day: _____

Today, _____
