



Kindness Calendar

30 March – 03 April 2020

The Kindness
School Foundation



Weekly theme: Looking after ourselves

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| Monday | <i>Kind to me</i> | Even if you're indoors, it's important to exercise every day. Search 'PE with Joe' on YouTube and get your running shoes on! https://www.youtube.com/thebodycoachtv |
| Tuesday | <i>Kind to others</i> | Hand washing is important to keep you and everyone around you safe. But it's easy to forget! Create small 'wash your hands' posters to stick around your home. Tweet us your posters using @KindnessSchools and #KindnessCalendar Here are some examples: https://www.pinterest.com/pin/201536152052497220 |
| Wednesday | <i>Kind to the world</i> | Lots of people, such as doctors, nurses, teachers and delivery drivers, are working hard to keep you safe. Create a 'thank you' card to give to someone you know. You can also share it with us on Twitter using @KindnessSchools and #KindnessCalendar |
| Thursday | <i>Kind to me</i> | Create a 'I'm bored' jar with your family. Fill the jar with ideas of things to do, such as 'Read a book', 'Build a castle from lego', or 'Play with my baby sister'. Next time you're bored, reach in for an idea... Share your best ideas with us on Twitter: @KindnessSchools, #KindnessCalendar. |
| Friday | <i>Kind to others</i> | Being in the house can get lonely. Make someone's day by calling or texting an older relative. Ask them how they are, tell them a story or share your best joke! |

If you don't have Twitter but would like to share your work, send us your designs to info@kindness-school.org and we'll tweet them for you!