




### Acts of Kindness Calendar

Here are 10 ideas for acts of kindness. These acts can be carried out in any order and repeated as often as you like. You could share some of these with your teacher via Dojo!

1. What does kindness mean?	2. Five kind acts	3. Doing helpful things	4. Being kind to yourself	5. Ways to cope
<p>Discuss what the word kindness means.</p> <p>Draw a mind map and write down some words related to kindness.</p> <p>How does kindness make you feel?</p> <p>Write or draw what kindness means.</p> 	<p>Think of five kind acts you can do over the next few weeks. Perhaps you will be more helpful at home, be kind to a sibling or pet, or see how you could support a good cause.</p> <p>Remember, by staying at home as much as possible you are all helping save lives - this could be one of your kind acts. Washing hands for 20 seconds with soap and water and maintaining a safe distance from others when you all have to go outside, are all acts of kindness.</p>	<p>How could you be helpful around the home? Could you keep your bedroom tidy, help lay or clear the table or put the washing away?</p> <p>How did it feel to be kind?</p> <p>What did it mean to the person you were helping?</p> <p>What might you do next?</p> 	<p>Think of ways you can be kind to yourselves. This could be continuing to do things that make you happy.</p> <p>Write or draw things you like doing and can still do while isolating, such as listening to or playing music, drawing or speaking to friends on the phone.</p>	<p>Being calm in a crisis can mean we are able to support others. For example, use the 'Breathe with Colour' activity to help you breathe deeply and slowly so you can stay calm if you ever feel worried or upset.</p> <p>Breathe With Colour Activity: Think of a colour for relaxed feelings (like the warm golden sun) and one for 'not so good' feelings (like grey, the colour of a rainy day). You may wish to discuss how the colours make you feel and then practise it together - breathing in with the good colour... out with the bad colour.</p>

6. Discovering kindness	7. Kindness in the community	8. Being grateful	9. Looking to the future	10. Reflecting and sharing kind acts
<p>Take some time to focus on positive news stories. Together, you could collect all the stories about acts of kindness you have heard recently, such as musicians holding concerts on social media or balconies, people offering to do each other's shopping, or the way communities are coming together to support each other and appreciate health workers during this period.</p> <p>You could make a presentation, video or podcast and present your own 'kindness news' programme sharing all the positive news you can find.</p>	<p>Those currently self-isolating could be feeling lonely. Simple acts of kindness could make a big difference.</p> <p>With the help of an adult, you could phone a neighbour or grandparent, deliver some shopping or write a letter or draw a picture.</p> <p>Could you teach someone a new skill over the phone? Many children are drawing pictures of rainbows and putting them in windows to share hope, could you do something similar?</p>	<p>Think about what you are grateful for. Draw around your hand on a piece of paper; in each outline of a finger write one thing you are thankful for. For example: family, friends or the environment.</p> 	<p>Discuss hopes for a kind future. When this crisis is over how might we continue to be kind to each other?</p> <div data-bbox="1361 485 1621 743" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>“ Kindness is a gift everyone can afford to give. ”</p> <p>- Unknown</p> </div>	<p>At the end of the week or month, look back on all of your kind acts and all that you have achieved.</p> <p>What are your hopes for the week ahead?</p> <p>Share one thing that you are proud of.</p>