

Using this calendar - parents and carers











Show your children the completed seven days of kindness calendar, look at each of the days and pick a favourite activity that you could do for each other in lockdown.

Talk about why being kind might be difficult at the moment but why it is especially important and how it can bond you as a family.

Discuss self-care and why it is important to take some time to be kind to yourselves - like when mum takes a bubble bath or when dad goes for a bike ride.

Either create a family calendar of kindness or individual calendars - these can be a mix of self-care and kindness for others in the home. Remind the children of the calendar each day or share how you feel when they did a kind act for you.

7 ACTS OF KINDNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS	 REMIND 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

NAME:

7 ACTS OF KINDNESS

DATE:

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

BEING KIND TO MYSELF

More examples for the calendar

Being kind to others:

- Have a nice conversation with a loved one
- Ask a family member if they would like a drink
- Share a snack with a family member or friend
- Write your teacher a note or a poem about why you like them
- Clear the table after dinner without being asked
- Pick up three pieces of litter when you go to the park
- Draw a picture for a loved one



Being kind to yourself:

- Do some gentle exercise
- Read your favourite book or watch your favourite film
- Go for a walk
- Play with your pet
- Write down 3 things you are grateful for
- Spend some time in nature
- Do some arts and crafts
- Have a dance party
- Wear your favourite outfit