

My Kindness Calendar

Fill in your calendar with a different act of kindness for each day of the holidays.
Can you think of some acts of kindness that you can do for people of different ages?

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
2 - 8 August	e.g. smile at a stranger					
9 - 15 August			e.g. Write a letter to a friend or family member and share a happy memory with them			
16 - 22 August						e.g. help someone in your home with cooking dinner
23 - 29 August		e.g. be kind to the environment by picking up some litter				

fill in your numbers at the end of the summer

I am

 Years old

I did

 acts of kindness

I was kind to

 people of different ages

When you've finished, decorate your calendar with different colours & patterns!