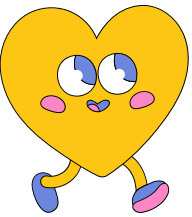


SEPTEMBER 2023

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | Kindness Calendar |
|------------------|---|--|--|--|--|-----|--|
| 17 WEEK 1 | 18 Help tidy up OR Give someone a hug | 19 Make a card or picture for someone OR Smile at people you pass | 20 Sit with someone who looks lonely OR Invite someone to play with you | 21 Tell someone a joke OR Give someone a compliment | 22 Smile and say hello to people you pass in the hall OR Pick up litter | 23 |  Be a Kindness Hero! Use the ideas on the calendar or create your own! Week 1: Be kind to others Week 2: Be kind to yourself Come see Mrs. Rushton after you complete all the acts of kindness! |
| 24 WEEK 2 | 25 Write down 3 good things about yourself OR Look in the mirror and say 3 positive things to yourself | 26 Play your favorite game with a friend or family OR Ask for help when you need it | 27 Eat your favorite food OR Let yourself feel your feelings | 28 Wear your favorite outfit OR Take time to rest | 29 Spend time doing something you love OR Stand up for yourself | 30 | |

kindness