

In celebration of Mental Health Awareness Week 2020 and the theme of kindness, we are encouraging KS3 to get mentally healthy by spreading a little kindness. This calendar, designed to encourage you to do two acts of kindness each day – one for someone else and one for yourself.

Have a look at this example kindness calendar!



Here is a template for you to create your own kindness calendar.

NAME:

7 DAYS OF KINDNESS

DATE:

MON

TUES

WED

THURS

FRI

SAT

SUN

BEING KIND TO OTHERS

BEING KIND TO MYSELF

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

What should I hand in?

You need to hand in your completed diary, either using the template or by creating your own. It will be written in full sentences. 3 of the answers should be extended - you could include a comment from the person you were kind to, a reflection of how it made you feel or even an image.

When should I hand it in?

In your PSHE lesson on the week beginning the 5th October.

Who do I hand it in to?

Your PSHE teacher.

How do I present it?

You can use the template below, or create a similar one yourself. Trim and stick it in your enrichment homework book.