

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!

## 7 DAYS 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	 <b>HELP TIDY UP</b>	 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 <small>(TRY ONE OF THESE)</small>	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

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.