

NAME:












7 DAYS OF KINDNESS

DATE:



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

7 DAYS OF KINDNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS	<p>REMIND A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER</p> 	<p>HELP TIDY UP</p> 	<p>TELL SOMEONE A JOKE</p> 	<p>BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/SISTER/CLASSMATE</p>	<p>GIVE 3 COMPLIMENTS TODAY</p> 	<p>MAKE A CARD OR GIFT FOR SOMEONE</p> 	<p>ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY</p>
BEING KIND TO MYSELF	<p>WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)</p> 	<p>LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY</p> 	<p>TRY OUT A MINDFULNESS ACTIVITY</p>  <p>(TRY ONE OF OURS!)</p>	<p>GIVE YOURSELF 3 COMPLIMENTS</p> 	<p>EAT SOME OF YOUR FAVOURITE FOOD</p> 	<p>SPEND SOME TIME ON YOUR FAVOURITE HOBBY</p> 	<p>PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY</p>