



Kindness Calendar

6th April - 10th April 2020

The Kindness
School Foundation



Weekly theme: Looking after our families

Monday	Kind to me	We hope you 've been enjoying 'PE with Joe' every morning at 9am. If you're ready to try something new, try a yoga class: https://www.youtube.com/watch?v=X655B4ISakg and invite the family to join in.
Tuesday	Kind to others	As a family, listen to the 'The Kindness Book' by Todd Parr: https://www.youtube.com/watch?v=SFzmydgwgc&feature=youtu.be Create a poster together called 'In our family, kindness is...' and display it proudly in your house. Share your posters with us @KindnessSchools #KindnessCalendar.
Wednesday	Kind to others	Find a healthy recipe online (https://www.bbcgoodfood.com/recipes/collection/family-meal) and offer to cook it with your family. Sit down and share the meal you've cooked together - no phones and no TV! Share a photo of your family meal with us @KindnessSchools #KindnessCalendar
Thursday	Kind to the world	Think about how you might help elderly neighbours or people who live by themselves. Maybe your family can go shopping for them, share any extra meals with them or call them once a week to ask how they are?
Friday	Kind to me	Paint or draw your family tree (https://www.familytreetemplates.net/category/kids). Under each person's name, write something you like or admire about them. When you're done, ask them to write something nice about you under your name. Share you family trees with us @KindnessSchools #KindnessCalendar



If you don't have Twitter but would like to share your work, send us your designs to info@kindness-school.org and we'll tweet them for you!

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