



Acts of Kindness May Calendar



Sunday

1

Draw a picture and give it to someone special.

8

During a family meal, ask everyone to share the best part of their day.

15

Play a boardgame or do a puzzle with your family.

22

Do a chore to help someone in your family.

29

Help prepare a meal with your family.

Monday

2

Tell a joke to make someone laugh.

9

Give someone a compliment to help them feel better about themselves.

16

Write a note to someone to show them that you care.

23

Be kind to yourself and do something special for you.

30

Recycle.

Tuesday

3

Do something that you love to do.

10

Share a favourite memory with a friend or family member.

17

Wish the first person that you see an amazing day.

24

Help a teacher without being asked.

31

Make a card for someone special.

Wednesday

4

Help tidy your classroom or home.

11

Introduce yourself to someone you haven't met before at school.

18

Offer to help someone.

25

Be a friend to someone in need at school.

Thursday

5

Write down something you are grateful for.

12

Write a thank-you note to someone who helped you.

19

Share your toys with a friend or sibling.

26

Do something nice for someone who is special to you.

Friday

6

Ask your teacher how their day is going.

13

Encourage someone that you see is struggling.

20

World Bee Day!
Build a bee house or bee hotel.

27

Teach someone something you are good at.

Saturday

7

Donate books or toys to a local charity.

14

Set yourself a goal to achieve today.

21

At the end of the day, write or draw one great thing that happened.

28

Donate food to a local food bank.

