

Acts of Kindness

April Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



4

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

5

Share a favourite memory with a friend or family member.

6

Tell a joke to make someone laugh.

7

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

8

Encourage someone that you see is struggling.

9

Set yourself a goal to achieve today.

10

Do a chore to help someone in your family.

11

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

12

Wish the first person that you see an amazing day.

13

Offer to help someone.

14

Share your toys with a friend or sibling.

15

Find a positive quote and share it with someone.

16

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

17

Play a boardgame or do a puzzle with your family.

18

Be kind to yourself and do something special for you.

19

Help a teacher without being asked.

20

Be a friend to someone in need at school.

21

Do something nice for someone who is special to you.

22

Teach someone something you are good at.

23

Write down something you are grateful for.

24

Help prepare a meal with your family.

25

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

26

Do something that you love to do.

27

Help tidy your classroom or home.

28

Ask your teacher how their day is going.

29

Draw a picture and give it to someone special.

30

Write down something you are grateful for.

