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| **Monday 18th May** | **Tuesday 19th May** | **Wednesday 20th May** | **Thursday 21st May** | **Friday 22nd May** |
| Encourage kindness by sharing this calendar with family and friends. | Give as many kind comments as possible to the people in your household all day. | Support a charity that you care about. This could be by simply promoting or by doing something to raise money. | Do a job around the house that you wouldn’t normally do. | Let someone know how much you appreciate them by making them a gift or a card. |
| **Monday 25th May** | **Tuesday 26th May** | **Wednesday 27th May** | **Thursday 28th May** | **Friday 29th May** |
| Speak to an elderly relative or neighbour and brighten up their day. | Write a letter to a family member or friend – don’t forget to post it. | Leave positive messages in the house for people to find. | Teach a family member or friend a new skill or let them teach you something new. | Have dinner with at least one other family member and talk about each other’s week – make sure you listen. |
| **Monday 1st June** | **Tuesday 2nd June** | **Wednesday 3rd June** | **Thursday 4th June** | **Friday 5th June** |
| Call a relative who is not in your household and have a chat with them. | Send someone you know a picture or video that will make them smile and laugh. | Turn all devices off for an hour and play a card or board game with family members (maybe not monopoly…). | Go for a walk with at least one other family member talk about your fondest memories of each other. | Reflect on the last 3 weeks with a friend or family member. How have you found? What challenges could you keep doing in the future? |

Kindness challenge