

Kindness Challenge

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?