

# Kindness Challenge

<b>Monday 18<sup>th</sup> May</b>	<b>Tuesday 19<sup>th</sup> May</b>	<b>Wednesday 20<sup>th</sup> May</b>	<b>Thursday 21<sup>st</sup> May</b>	<b>Friday 22<sup>nd</sup> May</b>
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.
<b>Monday 25<sup>th</sup> May</b>	<b>Tuesday 26<sup>th</sup> May</b>	<b>Wednesday 27<sup>th</sup> May</b>	<b>Thursday 28<sup>th</sup> May</b>	<b>Friday 29<sup>th</sup> May</b>
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.
<b>Monday 1<sup>st</sup> June</b>	<b>Tuesday 2<sup>nd</sup> June</b>	<b>Wednesday 3<sup>rd</sup> June</b>	<b>Thursday 4<sup>th</sup> June</b>	<b>Friday 5<sup>th</sup> June</b>
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?