

Acts of Kindness February Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

Draw a picture and give it to someone special.

2

Help tidy your classroom or home.

3

Write down something you are grateful for.

4

Tell a joke to make someone laugh.

5

Do something that you love to do.

6

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

7

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

8

Share a favourite memory with a friend or family member.

9

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

10

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

11

Encourage someone that you see is struggling.

12

Set yourself a goal to achieve today.

13

Play a boardgame or do a puzzle with your family.

14

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

15

Wish the first person that you see an amazing day.

16

Offer to help someone.

17

Share your toys with a friend or sibling.

18

Find a positive quote and share it with someone.

19

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

20

Do a chore to help someone in your family.

21

Be kind to yourself and do something special for you.

22

Help a teacher without being asked.

23

Be a friend to someone in need at school.

24

Do something nice for someone who is special to you.

25

Teach someone something you are good at.

26

Donate food to a local food bank or books and toys to a local charity.

27

Help prepare a meal with your family.

28

Ask your teacher how their day is going.