



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Say something kind	2 Ask someone to play with you on the playground	3 Smile at everyone you see	4 Make a new friend / speak to someone new	5 Be helpful to your friends
6 Pick a piece of rubbish up off the floor	7 Help someone who is stuck	8 Give a compliment	9 Open a door for someone	10 Put some food out for animals in your garden	11 Write a thankyou note to somebody in your class	12 Let someone go in front of you in a line
13 Draw someone a picture / make someone a card	14 Do a secret act of kindness for someone	15 Tidy a room in your house	16 Take old books or toys to a charity shop	17 Say 'Good morning' to people that you meet	18 Help somebody carry something	19 Sit next to somebody new at lunchtime
20 Thank an adult for helping you with something	21 Help somebody who is struggling with something	22 Help set the table for dinner	23 Make a tasty treat for somebody	24 Ask someone at home what you could do to help them	25 Tidy away your toys	26 Remember to turn off the taps when you have finished washing your hands
27 Remember to say thank you to the MTAs	28 Teach somebody to do something	29 Put your dirty clothes in the laundry basket	30 Play a game with someone	31 Read a book with someone		