Kindness Calendar

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…day	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
…e …ne a …ment	Thank an adult for something they do	Draw a picture for someone	Help with the housework	Read a book with a friend	Tell someone you love them	Make someone laugh
…ease …k	Give someone a hug	Help someone who needs it	Tell someone they are awesome	Share	Smile at a stranger	Tidy your room
…nice note for someone	Tell a joke	Hold the door open for someone	Make someone a thank you note	Play with someone who is on their own	Make a bird feeder	Donate a toy to charity
Tell someone "Well done"	Offer to help someone	Water the plants	Sit next to someone new	Phone a relative to say "hi"	Pick up a piece of litter	Help to cook the dinner