

# Kindness Calendar

**Imagine a world where everyone is kind. How can we make that come true?**

Can you think of any ways to be kind? This could include ways to be kind to your family, friends, others in your community, animals and the world. There are lots of great ways we can be all be kinder. What can you do to be kind today? Why don't you make a list and challenge yourself (and your family) to do as many things as you can on your list?

Why not encourage kindness at home by making a Kindness Calendar? You can use the template we have on our website or you can make your own.

Which acts of kindness could you add onto here?

Once your calendar is complete, decide where you will hang it up. You might even choose to take a photograph of it and send it to your family and friends to encourage them to be kinder too!

