



Wolverley CE Secondary School
Mental Health Awareness Week.



18th to 22nd May

Kindness Calendar

Your challenge is to try and show some kindness to someone every day. You could use the blank squares to record ways you experience kindness yourself or record other acts of kindness you make. Please send your completed calendars to Mrs Clipson.

Here are some ideas

- Send a card or letter to someone.
- Put a neighbour's bin out and/or bring it in.
- Pick up litter from the street to create a cleaner environment for everyone.
- Call a friend to ask how they are.
- Call a relative to ask how they are.
- Post a small gift to someone.
- Make breakfast for the people you live with, or cook a nice meal for your family.
- Leave notes around the house to thank everyone you live with.
- Make a cake and give it to your neighbour.
- Offer to wash up.
- Make someone a cup of tea or coffee.

- Do something kind for yourself!

May 2020						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11th	12th	13th	14th	15th	16 th	17 th
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th