



Summer of kindness calendar

This calendar aims to inspire you and your children to learn more about the power of kindness by completing simple acts of kindness throughout summer. Being kind not only supports others, it helps improve our wellbeing.

Suggested acts of kindness

Each week, pick the activities you'd like to do. Challenge yourselves to do a different kind act every day. You can try some of our suggestions or use them to think of your own ideas. Tick off what you have achieved! Think about being kind to **yourself** as well as **friends**, **family**, your **community**, and the **environment**. The key is keeping it simple!

Ages 5-7

Draw a picture of someone who is kind to you and share it with them.



Say thank you at least once a day when someone does something to help you. Little things can make a big difference.

Be kind to your body and mind. Get outside for the day – go for a walk in nature. While walking, think about what you most like about summer

Make a family/ friends promise together. What could make your home a kinder place to be? Draw pictures of this promise and put it up on the wall or fridge.

Relax by doing some colouring. You could download and print off one of our posters.

Spend five minutes each day thinking about three things you like about yourself. You could draw a picture of each idea and add to it throughout the week.

Tell someone - a friend, sibling or family member - something they like about them.



Make some cards to give to people in their lives who make them feel happy.

Ages 7-11

Write or draw five things you are thankful for this summer. Draw around your hand on a piece of paper and put one thing in each finger outline.

Think of a simple kind act you can do every day to be kinder to others you live with.

Make a pledge to learn a new skill. You could learn about first aid at home for example.

Be kind to body and mind. Pledge to start a new physical activity over the holidays for example. Get plenty of sleep, exercise and eat healthy things.



Support a good cause over the summer! For example, you could run a local fundraising event for the British Red Cross.

Make and share homemade cards for friends and family.

Help at home. Think about one task you could do more of each day. Put your toys away or keep your bedroom clean?

Could you do something kind for the community together? Arrange a litter pick or volunteer to help in a community garden.

Write a letter or message to someone and tell them what they mean to you.

