



Kindness Calendar

18 – 22 May

The Kindness
School Foundation



Weekly theme: Kind to our homes

Monday	<i>Kind to me</i>	Keeping your space clean and tidy is a great way to keep your mood and feelings up. Take 30 minutes today to properly and thoroughly clean and tidy up your room at home. After a few hours, write down a few sentences about how it makes a difference to how you are feeling.
Tuesday	<i>Kind to others</i>	Who is keeping your home clean and tidy? Often, as floors are hoovered and messes cleaned up, we forget that someone is working very hard to stay on top of this. Ask members of your household about all the different things they do at home, and then make a list – it may surprise you how much someone cleans.
Wednesday	<i>Kind to the world</i>	Write a short story about two different homes – one where everyone cleans up together, and one where only one person cleans the whole home, while everyone else never cleans. Write the story from the perspective of the person cleaning alone. What can this story tell you about how people think about cleaning?
Thursday	<i>Kind to me</i>	How is your room looking today? Has it stayed tidy and clean, or has it started getting a bit messy? Have you, or someone else, been cleaning and tidying up? Think about how your room has affected your mood and feelings since Monday, and think about how your mood and feelings have affected how clean your room is. Afterwards, write down a plan about how often you should clean your room to keep your mood and feelings up.
Friday	<i>Kind to others</i>	Look at the list you made on Tuesday and help your household clean today. You can help as much as you want, but you should ask a member of your household for help. After you have cleaned, think about what part you enjoyed most. It could be a good idea for you to start helping with this every week.