




# Kindness Calendar


1 June – 5 June

The Kindness  
School Foundation



Weekly theme: Art & Kindness

<b>Monday</b>	<i>Kind to me</i>	<b>Today, research a piece of art that you like, and write a small response to it.</b> This can be anything from the Mona Lisa to a drawing that one of your siblings made. The important thing is to take the time to look at the piece of art, and to try to understand why you like it. <b>When you write your response, try to focus on the feelings and meaning that the artwork gives you.</b>
<b>Tuesday</b>	<i>Kind to others</i>	Today, <b>show the artwork that you found yesterday to a member of your household, or to a friend from school over the Internet.</b> Ask them what their response to the artwork is. Afterwards, get your response from yesterday. Did you agree or disagree? Is either of you more right or wrong than the other?
<b>Wednesday</b>	<i>Kind to the world</i>	<b>Expressing your creativity is a great way to calm your body and mind. What does it do for people? Research online to find a perspective on art that is different from your own.</b> One person's idea of art can be completely different from another's – and art can be just as important to someone else for different reasons!
<b>Thursday</b>	<i>Kind to me</i>	<b>Today, produce your own piece of artwork.</b> This can be a painting, sculpture, a drawing, or any other way for you to express your creativity. If you're struggling for inspiration – <b>go back to the activities in the previous three days.</b> Share your artwork with us on Twitter, using @KindnessSchools and #KindnessCalendar 
<b>Friday</b>	<i>Kind to others</i>	<b>Present your artwork to someone else.</b> This will ideally be the same person you showed the artwork to on Tuesday, but it can be anyone else. <b>Ask them to write a response to your artwork, what comes to their mind when they see it, and how it makes them feel.</b>

 If you don't have Twitter but would like to share your work, send us your work to [info@kindness-school.org](mailto:info@kindness-school.org) and we'll tweet them for you!

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