



Kindness Calendar

8 June – 12 June

The Kindness
School Foundation



Weekly theme: Music & Kindness

Monday	<i>Kind to me</i>	Music is a wonderful thing – but it's very easy to get stuck to listening to the same kind of music. Today, go to https://www.randomlists.com/random-songs and give at least five different songs a chance. You may be surprised by what you find!
Tuesday	<i>Kind to others</i>	Do you know the favourite songs of everyone in your household? Today, find out everyone's favourite song, and then make a playlist out of them! If your household is small, ask everyone for 2 or 3 songs, so that you get a playlist that doesn't repeat too often.
Wednesday	<i>Kind to the world</i>	Music is an essential part of all cultures. Every country and people around the world have their own type of music. This is usually called a 'genre' – and today, go to https://www.musicgenreslist.com/ and find at least two music genres that you've never heard of before. Once you've found your two genres, try and find songs from that genre and listen to them.
Thursday	<i>Kind to me</i>	We listen to music nearly every day. But we also make music every single day – whether that's a beat from tapping on the desk when you're bored, whistling in the shower, or simply breathing out at a certain tempo! Today, record a short song of your own. You can sing, play, or make any kind of noise you want, as long as you have a song around a minute long at the end.
Friday	<i>Kind to others</i>	Today, spend some time looking up and finding songs that you think your friends will like, and send them to them! Sharing music can be an amazing way to connect with other people, and your friends will definitely appreciate it if you send some good music their way!