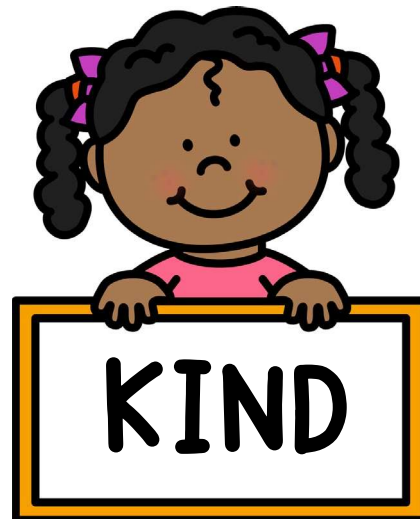
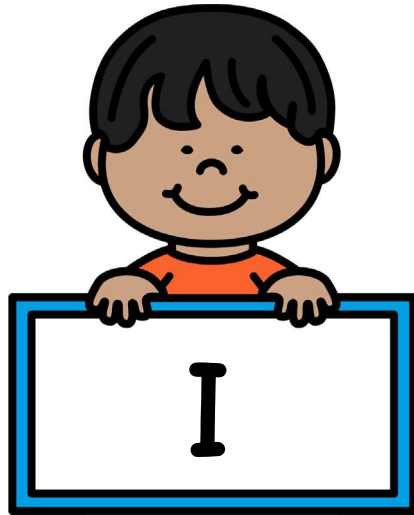


Kindness Counts Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tell someone, "I'm happy you're my family."	Kindness Kickoff: Read the book <i>Finding Kindness</i> . Talk about what kindness means.	Kind Hello: Greet a friend by name.	Cuddle a Friend: Practice comforting a stuffed animal.	Kindness Monitor Helper: The "Kindness Monitor" can wear an apron and give smiley face stickers to friends that are being kind to each other.	Kindness Flower: Draw one kind thing you can do.	Say hello with a smile.
Give a family member a hug or cuddle.	Our Kindness Garden: Create a large garden on the wall. Every time a child shows demonstrates kindness, add a flower to the garden.	Kind Words: Practice saying "Please," "Thank you," and "You're welcome."	Helpers of the Day: Help carry or put away classroom materials.	"Kindness Counts" Class Pledge: Ask children how they will show kindness in their classroom. Write down their ideas.	Share: Practice sharing a toy or other classroom materials.	Help put away toys.
Read a favorite book together.	Shade and Care: Talk about helping someone who is hot or tired.	Kindness Card: Make a card for someone at school.	Plant Kindness: Plant flowers and talk about caring for them.	Include a Friend: Invite someone to play.	Clean-Up Kindness: Help a friend clean up.	Help to set the table for dinner.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use three kind words at home.	Kindness Art: Paint or draw what kindness looks like.	Rescue a Friend: Pretend to rescue a toy that needs help.	Clean-Up Kindness: Help a friend clean up.	Compliment Circle: Sit in a circle and have the children take turns saying one nice or specific thing about a friend.	Kindness Role-Play: Act out ways to help someone.	Draw a picture for someone you love.
Act out a kindness story with toys or stuffed animals.	Give Something Kind: Make something for a friend.	Helping Hands: Ask, "Who can I help today?"	Listening Ears: Practice listening when a friend is talking.	Kindness Helper Station: Set up a pretend outdoor area where children can practice helping.	Kindness Celebration: Share favorite kindness moments from the month.	Make a family kindness promise.



Kindness can be big or small. A smile, a helping hand, a kind word, or a cuddle can make someone's day better. Let's practice finding and showing kindness together!

