

DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Make a drawing/card to give to someone	2 Hold the door open for someone 😊	3 Give someone a compliment	4 Ask someone how they are feeling?	5 Draw all the things that you like doing that help you be kind to yourself	6 Give someone you live with a hug
7 Ask someone if they would like to play 👥	8 Smile at everyone 😊	9 Say 'hello' to people	10 Make someone smile by doing a wee dance 👧👦	11 Sing a song to cheer someone up	12 Call, write or video chat with a friend	13 Clean up a mess you didn't make
14 Pass a smile	15 Smile at someone and tell them something that you like about them 😊	16 Carry out an act that is going to help another person.	17 Leave a positive message for someone to find.	18 Ask someone different from your class/ bubble to play with you	19 Share your kindness by encouraging others to be kind	20 Say something nice to your family ❤️
21 Hold a door for someone	22 Let someone get in line ahead of you	23 Make someone laugh	24 Make a card for a relative or friend	25 CHRISTMAS DAY	26 BOXING DAY	27 Write thank you notes for any gifts
28 Help make dinner 👨🍳	29 Make an effort not to complain about anything	30 Turn off the water while brushing your teeth	31 Tidy your bedroom without being asked			