



Kindness Calendar

27 April – 1 May

The Kindness
School Foundation



Weekly theme: Kind to Our Friends

Monday	<i>Kind to others</i>	Set aside time to do something with your friend – talk over Skype, on the phone, play an online game together, or anything else. It's important to still spend time with your friends during lockdown, for you and for them.
Tuesday	<i>Kind to others</i>	Think about why you like and miss your friends. What would you do with them now if you could? Write down five reasons why your friends are good friends and five things you like to do together. If you feel like it, share your thoughts with us on Twitter using @KindnessSchools and #KindnessCalendar
Wednesday	<i>Kind to others</i>	Write an apology to someone you have hurt. This is not meant to be sent unless you really want to, but you should still write it, and think about why it happened, and what you can do to make sure it doesn't happen again.
Thursday	<i>Kind to me</i>	Write a letter about what makes you a good friend. Remember to be kind to yourself – make the letter about you, not about your friends.
Friday	<i>Kind to others</i>	Write a postcard to your friends. Use the reasons you wrote down on Tuesday as a guide for what you should write to them – and remember to send the postcard to their address, as a nice and kind surprise for them.



If you don't have Twitter but would like to share your work, you can send it to info@kindness-school.org and we'll tweet them for you!

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