



# CPS Calendar Of Kindness August

**Thursday 1<sup>st</sup> August**  
Ask someone how they are feeling

**Friday 2<sup>nd</sup> August**  
Help someone who is busy

**Saturday 3<sup>rd</sup> August**  
Make someone smile

**Sunday 4<sup>th</sup> August**  
Listen carefully

**Monday 5<sup>th</sup> August**  
Watch a film with your family

**Tuesday 6<sup>th</sup> August**  
Send a nice message to someone you know

**Wednesday 7<sup>th</sup> August**  
Say thank you to 4 people

**Thursday 8<sup>th</sup> August**  
Teach someone something new

**Friday 9<sup>th</sup> August**  
Ask someone if they're ok

**Saturday 10<sup>th</sup> August**  
No complaining today

**Sunday 11<sup>th</sup> August**  
Say good morning and good night to everyone in your household

**Monday 12<sup>th</sup> August**  
Call an elderly relative

**Tuesday 13<sup>th</sup> August**  
Lay the table for dinner without being asked

**Wednesday 14<sup>th</sup> August**  
Ask someone how their day has been

**Thursday 15<sup>th</sup> August**  
Hold the door open for someone

**Friday 16<sup>th</sup> August**  
Make a card for someone

**Saturday 17<sup>th</sup> August**  
Help tidy up

**Sunday 18<sup>th</sup> August**  
Exercise with a family member

**Monday 19<sup>th</sup> August**  
Recycle something

**Tuesday 20<sup>st</sup> August**  
No technology day

**Wednesday 21<sup>st</sup> August**  
Treat yourself with kindness today

**Thursday 22<sup>nd</sup> August**  
Smile!

**Friday 23<sup>rd</sup> August**  
Write a list of things you are grateful for

**Saturday 24<sup>th</sup> August**  
Give someone a hug

**Sunday 25<sup>th</sup> August**  
Appreciate nature

**Monday 26<sup>th</sup> August**  
Give your parents/carers 3 compliments

**Tuesday 27<sup>th</sup> August**  
Make a family member breakfast

**Wednesday 28<sup>th</sup> August**  
Read to someone

**Thursday 29<sup>th</sup> August**  
Be kind to the planet

**Friday 30<sup>th</sup> August**  
Tell someone a joke to make them laugh

**Saturday 31<sup>st</sup> August**  
Reduce your screen time today

