



CPS Calendar of Kindness

October			Thursday 1 st October	Friday 2 nd October	Saturday 3 rd October	Sunday 4 th October
			Give a high five	Read to someone	Help around the home	Call a family member
Monday 5 th October	Tuesday 6 th October	Wednesday 7 th October	Thursday 8 th October	Friday 9 th October	Saturday 10 th October	Sunday 11 th October
Think of three things you like about yourself	Ask a friend if they're ok	Pick up litter and put it in the bin	Give a smile	Play a game with family	Give a hug	Enjoy Autumn and the nature around you
Monday 12 th October	Tuesday 13 th October	Wednesday 14 th October	Thursday 15 th October	Friday 16 th October	Saturday 17 th October	Sunday 18 th October
Open the door for someone	Give someone a compliment	Care for an animal or feed the birds	Make someone laugh	Share toys with others	Prepare a meal with someone	Donate something you no longer need
Monday 19 th October	Tuesday 20 th October	Wednesday 21 st October	Thursday 22 nd October	Friday 23 rd October	Saturday 24 th October	Sunday 25 th October
Say 5 nice things	Teach someone something new you've learnt	Draw a picture for someone	Ask someone how their day was	Appreciate your family	Help clean up a mess	Make something
Monday 26 th October	Tuesday 27 th October	Wednesday 28 th October	Thursday 29 th October	Friday 30 th October	Saturday 31 st October	
Relax and rest	Stop and THINK (Is it...Truthful, Helpful, Inspiring, Necessary, Kind)	Listen carefully	Support someone	Encourage someone	Happy Halloween Show you're a Manners Monster	