



CPS Calendar Of Kindness October 2025

Wednesday 1st October

Make someone laugh

Thursday 2nd October

**Pick up 4 pieces of
litter**

Friday 3rd October

**Call an elderly relative or
friend**

Saturday 4th October

**Play a board game with
your family**

Sunday 5th October

Bake someone a cake

Monday 6th October

Recycle something

Tuesday 7th October

**Write down 3 things you
like about yourself**

Wednesday 8th October

**Appreciate nature by
going outside**

Thursday 9th October

Exercise with a friend

Friday 10th October

**Ask someone how they are
feeling**

Saturday 11th October

**Eat something healthy
that you enjoy**

Sunday 12th October

**Reduce your screen
time today**

Monday 13th October

**Write down things you
are grateful for**

Tuesday 14th October

**Hold the door open for
someone**

**Wednesday 15th
October**

**Get to know someone
new**

Thursday 16th October

**Reciprocate positive
actions**

Friday 17th October

Draw someone a picture

Saturday 18th October

**Tidy up someone else's
mess**

Sunday 19th October

**Ask 3 people how their
day was**

Monday 20th October

**Write a poem for
someone**

Tuesday 21st October

**Give someone a
compliment**

**Wednesday 22nd
October**

Smile at someone

Thursday 23rd October

**Say hello to someone in
a different language**

Friday 24th October

**Make a calendar of
kindness for a friend or
family member**

Saturday 25th October

**Write down something
you have enjoyed today**

Sunday 26th October

**Leave a happy note
somewhere for
someone**

Monday 27th October

**Keep your classroom
tidy**

Tuesday 28th October

**Say thank you to 5
people!**

**Wednesday 29th
October**

**Send a nice message to
someone you know**

Thursday 30th October

Read with someone

Friday 31st October

**Please remember your
Manners!**