



CPS Calendar of Kindness

February 2026

Sunday 1st February

Do something active outside

Monday 2nd February

Be positive all day

Tuesday 3rd February

Read to someone

Wednesday 4th February

Be kind to someone if they look sad or lonely

Thursday 5th February

Kind hands and words

Friday 6th February

Empty your school bag for Monday

Saturday 7th February

Smile at everyone you see

Sunday 8th February

Draw a picture or write a poem for a friend or relative

Monday 9th February

Make your bed

Tuesday 10th February

Help wash up at home

Wednesday 11th February

Listen to someone carefully

Thursday 12th February

Go for a walk and appreciate nature

Friday 13th February

Speak kindly about someone

Saturday 14th February

It's Valentine's Day- be lovely to everyone



Sunday 15th February

Play a game with your family

Monday 16th February

Make someone laugh
Do you know a joke?

Tuesday 17th February

Make pancakes with your family
Can you toss one?

Wednesday 18th February

Dance like nobody is watching and enjoy music

Thursday 19th February

Go to bed earlier than you do and make the most of having an early night

Friday 20th February

Turn a frown upside down

Saturday 21st February

Feed the birds
Do they have a drink?

Sunday 22nd February

Make breakfast for your family

Monday 23rd February

Back to School!
Be ready for school on time

Tuesday 24th February

Ask your parent/ carer if they need any help

Wednesday 25th February

Talk to somebody (at school) that you wouldn't talk to usually

Thursday 26th February

Ask your teacher how they are

Friday 27th February

Is the cloakroom tidy?
How could you help?

Saturday 28th February

Tidy your room without being asked

