




CPS Calendar of Kindness

February 2026

Sunday 1st February

**Do something active
outside**

<u>Monday 2nd February</u> Be positive all day	<u>Tuesday 3rd February</u> Read to someone	<u>Wednesday 4th February</u> Be kind to someone if they look sad or lonely	<u>Thursday 5th February</u> Kind hands and words	<u>Friday 6th February</u> Empty your school bag for Monday	<u>Saturday 7th February</u> Smile at everyone you see	<u>Sunday 8th February</u> Draw a picture or write a poem for a friend or relative
<u>Monday 9th February</u> Make your bed	<u>Tuesday 10th February</u> Help wash up at home	<u>Wednesday 11th February</u> Listen to someone carefully	<u>Thursday 12th February</u> Go for a walk and appreciate nature	<u>Friday 13th February</u> Speak kindly about someone	<u>Saturday 14th February</u> It's Valentine's Day- be lovely to everyone 	<u>Sunday 15th February</u> Play a game with your family
<u>Monday 16th February</u> Make someone laugh Do you know a joke?	<u>Tuesday 17th February</u> Make pancakes with your family Can you toss one?	<u>Wednesday 18th February</u> Dance like nobody is watching and enjoy music	<u>Thursday 19th February</u> Go to bed earlier than you do and make the most of having an early night	<u>Friday 20th February</u> Turn a frown upside down	<u>Saturday 21st February</u> Feed the birds Do they have a drink?	<u>Sunday 22nd February</u> Make breakfast for your family
<u>Monday 23rd February</u> Back to School! Be ready for school on time	<u>Tuesday 24th February</u> Ask your parent/ carer if they need any help	<u>Wednesday 25th February</u> Talk to somebody (at school) that you wouldn't talk to usually	<u>Thursday 26th February</u> Ask your teacher how they are	<u>Friday 27th February</u> Is the cloakroom tidy? How could you help?	<u>Saturday 28th February</u> Tidy your room without being asked	

