




		<b>Wednesday 3<sup>rd</sup> September</b>  Say hello to someone	<b>Thursday 4<sup>th</sup> September</b>  Ask someone how they are feeling	<b>Friday 5<sup>th</sup> September</b>  Help someone who is busy	<b>Saturday 6<sup>th</sup> September</b>  Make someone smile	<b>Sunday 7<sup>th</sup> September</b>  Watch a film with your family
<b>Monday 8<sup>th</sup> September</b>  Listen carefully	<b>Tuesday 9<sup>th</sup> September</b>  Send a nice message to someone you know	<b>Wednesday 10<sup>th</sup> September</b>  Say thank you to 4 people	<b>Thursday 11<sup>th</sup> September</b>  Teach someone something new	<b>Friday 12<sup>th</sup> September</b>  Empty your school bag or lunch box.	<b>Saturday 13<sup>th</sup> September</b>  No complaining today	<b>Sunday 14<sup>th</sup> September</b>  Say good morning and good night to everyone in your household
<b>Monday 15<sup>th</sup> September</b>  Call an elderly relative	<b>Tuesday 16<sup>th</sup> September</b>  Lay the table for dinner without being asked	<b>Wednesday 17<sup>th</sup> September</b>  Ask someone how their day has been	<b>Thursday 18<sup>th</sup> September</b>  Hold the door open for someone	<b>Friday 19<sup>th</sup> September</b>  Make a card for someone	<b>Saturday 20<sup>th</sup> September</b>  Help tidy up	<b>Sunday 21<sup>st</sup> September</b>  Exercise with a family member
<b>Monday 22<sup>nd</sup> September</b>  Recycle something	<b>Tuesday 23<sup>rd</sup> September</b>  No technology day	<b>Wednesday 24<sup>th</sup> September</b>  Treat yourself with kindness today	<b>Thursday 25<sup>th</sup> September</b>  Think of something you can do to help the planet	<b>Friday 26<sup>th</sup> September</b>  Write a list of things you are grateful for	<b>Saturday 27<sup>th</sup> September</b>  Give someone a hug	<b>Sunday 28<sup>th</sup> September</b>  Appreciate nature
<b>Monday 29<sup>th</sup> September</b>  Give your parents/carers 3 compliments	<b>Tuesday 30<sup>th</sup> September</b>  Read to someone	<div> <b>CPS Calendar Of Kindness - September</b>  </div>				