



## CPS Calendar Of Kindness

Thursday 3<sup>rd</sup>  
September

Friday 4<sup>th</sup>  
September

Make someone  
smile!

Count your blessings

Saturday 5<sup>th</sup>  
September

Sunday 6<sup>th</sup>  
September

Monday 7<sup>th</sup>  
September

Tuesday 8<sup>th</sup>  
September

Wednesday 9<sup>th</sup>  
September

Thursday 10<sup>th</sup>  
September

Friday 11<sup>th</sup>  
September

Enjoy some time in the  
garden

No technology day

Say something  
nice to everyone  
you speak to today

Be kind to the  
planet

Treat yourself with  
kindness today

Send someone a  
card

Give 5 genuine  
compliments

Saturday 12<sup>th</sup>  
September

Sunday 13<sup>th</sup>  
September

Monday 14<sup>th</sup>  
September

Tuesday 15<sup>th</sup>  
September

Wednesday 16<sup>th</sup>  
September

Thursday 17<sup>th</sup>  
September

Friday 18<sup>th</sup>  
September

Call a relative

Give someone in your  
family a hug

Write a thank you  
note for someone at  
school

Give someone a gift

Leave a note for a  
Community  
worker

Read to someone

Clear up a mess you  
didn't make

Saturday 19<sup>th</sup>  
September

Sunday 20<sup>th</sup>  
September

Monday 21<sup>st</sup>  
September

Tuesday 22<sup>nd</sup>  
September

Wednesday 23<sup>rd</sup>  
September

Thursday 24<sup>th</sup>  
September

Friday 25<sup>th</sup>  
September

Make lunch for  
someone

Play a game with  
your family

Teach someone  
something new

Write some  
things  
you like about  
yourself

Make a list of your  
happiest  
memories

Say thank you

Let someone else  
choose

Saturday 26<sup>th</sup>  
September

Sunday 27<sup>th</sup>  
September

Monday 28<sup>th</sup>  
September

Tuesday 29<sup>th</sup>  
September

Wednesday 30<sup>th</sup>  
September

Do something  
helpful for  
someone else

Enjoy nature

Draw someone a  
picture

Reduce screen time  
today

Ask someone to play

