



CPS Calendar of Kindness

May 2025

			Thursday 1st May Write a kind note for someone	Friday 2nd May Write down 3 things you love about yourself	Saturday 3rd May Set yourself a goal for the day	Sunday 4th May Have a screen free day
Monday 5th May Bank Holiday Help tidy up without being asked	Tuesday 6th May Share a joke	Wednesday 7th May Encourage someone for is finding something tricky	Thursday 8th May Create positive energy with the things you say and do	Friday 9th May Own up to mistakes	Saturday 10th May Spend time doing something you really love	Sunday 11th May Play a game with your family
Monday 12th May Wish the first person you see a wonderful day	Tuesday 13th May Hold the door open	Wednesday 14th May Show what a wonderful Manners Monster you are	Thursday 15th May Stand up for something you believe in	Friday 16th May Smile!	Saturday 17th May Donate some old books	Sunday 18th May Give a loved one a hug
Monday 19th May Kind hands and words	Tuesday 20th May Think of something that is going well today	Wednesday 21st May Give a compliment	Thursday 22nd May Take 5 minutes to sit still and breathe	Friday 23rd May Reflect on something you're proud of	Saturday 24th May Spend at least an hour out in nature	Sunday 25th May Help cook something for your family
Monday 26th May Half Term Try to appreciate those around you	Tuesday 27th May Half Term Sing	Wednesday 28th May Half Term Help make a picnic to have with family and/or friends	Thursday 29th May Half Term If you're rushing about, try to slow down	Friday 30th May Half Term Make time to chat to someone about your day	Saturday 31st May Half Term Do some exercise	

