






BEEKIND

Bee kind to yourself and others

Calendar
February 2020



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Share this calendar to inspire kindness in others
2 Treat yourself to a mindful moment	3 Make someone laugh or smile	4 Get out of breath	5 Think, speak and act positively to yourself and others	6 Pick up litter	7 Show someone that you are thinking of them	8 Do an extra chore for someone in your family
9 Visit or phone an elderly family member or neighbour	10 Do a secret act of kindness for someone	11 Tell others what a great job they are doing	12 Give a compliment to a friend	13 Leave a happy note for someone to find	14 Give gentle encouragement to someone who needs it	15 Tell someone why you love them
16 Feed the birds	17 Have a day free of single use plastics	18 Sing your favourite song	19 Tidy up without being asked	20 Say 'Thank you' with your biggest smile	21 Have a screen free day - unplug and play, create and explore	22 Forgive someone
23 Go for a gentle stroll amongst nature	24 Say 'Hello' or have a chat to someone you've not spoken to before at school	25 Ask someone to join in your game	26 Do something kind for a classmate	27 List 5 things you are thankful for right now	28 Hold a door open for someone	29 Donate unwanted goods to charity

