



5th – 9th July
KINDNESS WEEK



	Theme	Suggested activities
Monday	kindness to our friends	<ul style="list-style-type: none"> • Design and write a card for a friend to say why they are important to you. • Introduce and play a game to play with your friends. • Create a poster to display how to show kindness.
Tuesday	kindness to our family	<ul style="list-style-type: none"> • Draw a picture of your family to make them happy. • Make a list of things that you will do to show you appreciate your family.
Wednesday	kindness to people who help us	<ul style="list-style-type: none"> • Write an acrostic thank you poem to someone who has helped you – e.g. teachers, doctors, nurses, • Design a class rainbow and write all the people that have helped you.
Thursday	kindness to strangers	<ul style="list-style-type: none"> • Have a smiles challenge – how many people can you smile at in a day? • Donate something to charity as a class.
Friday	kindness to ourselves	<ul style="list-style-type: none"> • Draw/paint a self-portrait and write what we like about yourself. • Write a letter to yourself to explain why you are great. • Design a poster to show how you express kindness to yourself.