



COOL KIDS CAN

Empowering Children, Shaping Leaders

Acts of Kindness Calendar

Kindness towards yourself, others and our planet goes a very long way and should be part of our everyday lives. Remember, even the smallest act of kindness can make a huge difference. This activity serves to remind kids to be mindful about being kind in different ways which in turn will make them aware of caring about others around them too.



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What to do: Download and print out the kindness calendar marked day 1-31. Some of the days are already filled out. There's blank spaces left for you to write in your own acts of kindness.

Tip: Think about ways to be kind to yourself, to others at home and at school and then how to be kind to our planet and write those in the empty blocks.

How the calendar works: Parents, at the end of each day, have a look at your child's calendar with them and ask them what acts of kindness they did that day and let them colour in those blocks. The idea is to at least have all the blocks coloured in by the end of the month, but keep in mind that you don't have to limit yourself to only one act of kindness each day. When the calendar is all coloured in, print a new one to put up in your child's room so they can keep on spreading kindness wherever they go. This is an interactive activity that needs to be revisited every day so they can keep on being mindful until it comes to them naturally.



01	Tell yourself: I believe in myself / Sê vir jouself: Ek glo in myself	02	03	04	05 Greet people with a friendly smile / Groet mense vriendelik	06	07
08		09	10 Turn off the water while you brush your teeth / Draai die kraan toe terwyl jy tandeborsel	11	12	13	14
15		16	17	18	19	20 Say please and thank you / Sê asseblief en dankie	21
22		23	24 Say please and thank you / Sê asseblief en dankie	25	26	27	28
29		30	31				

Acts of Kindness Calendar

Acts of Kindness Ideas / Idees

Spread over calendar in blocks

Pay someone a compliment / Gee vir iemand n kompliment

Say please and thank you / Sê asseblief en dankie

Greet people with a friendly smile / Groet mense vriendelik

Make up a sibling's bed or mom and dad's bed / maak boetie/sussie of mamma en pappa se bed op

Invite a new friend to play with you at school / Nooi 'n nuwe maat om saam met jou te speel by die skool

Help mom/dad cook a meal / Help mamma/pappa met kosmaak

Offer to help out with any task in and around the house / Bied aan om te help met enige takies in en rondom die huis

Wash the dishes without being asked / Was skottelgoed sonder dat iemand jou vra

Set the dinner table / Dek die etenstafel

Encourage a friend / Moedig 'n maat aan

Tell your siblings and mom and dad how much they mean to you / Sê vir jou familie hoe baie jy hulle waardeer

Get creative and make a homemade gift/card for someone / Wees kreatief en maak 'n tuisgemaakte geskenkie of kaartjie vir iemand
uitgesluit voel