






Kindness Calendar


13 April – 17 April

The Kindness
School Foundation



Weekly theme: Kind to animals

Monday	<i>Kind to me</i>	Looking at the natural world can be good for our mental health. Watch live cameras of pandas (https://www.youtube.com/watch?v=Gm3bQVANTVo) or elephants (https://www.youtube.com/watch?v=s4SiFUNYdTs) and draw what you see . Send us your pictures on Twitter, using @KindnessSchools #KindnessCalendar 
Tuesday	<i>Kind to others</i>	If you are lucky enough to have a pet, spend 20 minutes playing together today. Try and teach your pet a new trick! If you do not have a pet, you can invite animals to your home by creating a bird feeder (https://www.youtube.com/watch?reload=9&v=7yV6V6rtpyc).
Wednesday	<i>Kind to the world</i>	Many animals are in danger of going extinct. Find out about them here: https://www.dkfindout.com/uk/more-find-out/special-events/endangered-animals/ . Design a poster to inform people about what they can do to protect and save endangered animals. Send us your pictures on Twitter 
Thursday	<i>Kind to me</i>	Listen to https://www.youtube.com/watch?v=CQgUEL7Jiqk by yourself or with your family... it's a famous piece of music that is supposed to sound like a bumblebee flying. As you listen, write, draw or paint what it makes you think about.
Friday	<i>Kind to others</i>	Spend some time together as a family taking this quiz: https://www.kidzworld.com/quiz/what-animal-personality-are-you . Tell us which animals you and your family are most like @KindnessSchools, #KindnessCalendar. 

 If you don't have Twitter but would like to share your work, send us your work to info@kindness-school.org and we'll tweet them for you!