




Kindness Calendar


11 – 15 May

The Kindness
School Foundation



Weekly theme: Kind to the planet

Monday	<i>Kind to me</i>	Treat yourself with a long walk today. Try to walk near green areas as much as possible - the air is fresher, and you'll enjoy the walk more! Try to walk for at least 45 minutes, and make sure to pay attention to all the different plants, trees, flowers and animals that you walk past.
Tuesday	<i>Kind to others</i>	Do you know what your family's favourite flowers are? Ask members of your household to tell you what flowers they love, and ask them to describe them. Afterwards, make them a drawing of the flower based only on the description they give you! Once you've finished the drawing you can look at a picture of the flower. You can share your flowers with us on Twitter using #KindnessCalendar and @KindnessSchools 
Wednesday	<i>Kind to the world</i>	Think about how humans impact nature in different ways. During the Coronavirus lockdown, nature has started to flourish while humans stayed at home. Search for stories online about how nature has taken back control while people have stayed at home during lockdown.
Thursday	<i>Kind to me</i>	Do you know what kind of trees are growing on your street? Go for a walk around your neighbourhood and take notes of the trees you see. Then, go back home and do some research. What are their names? What flowers do they have and when do they blossom?
Friday	<i>Kind to others</i>	Pick your favourite tree from yesterday and challenge a member of your household to find it. Giving them only the name of the tree and a vague location (for instance 'in the park' or 'on X Street'). Ask them to take a picture once they find it.

 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!