

# NOVEMBER KINDNESS CALENDAR

<b>KINDNESS WORKOUTS...</b> #1. 10 JUMPING JACKS, 10 SQUATS, 5 BURPEES. REPEAT 3 TIMES. #2. 15 MINUTE WALK WITH A FRIEND, SIBLING OR PARENT. #3. 15 MINUTES DANCING TO YOUR FAVOURITE MUSIC.				<b>FRIDAY 1ST</b>	<b>SATURDAY 2ND</b>	<b>SUNDAY 3RD</b>
				HELP A PARENT WITHOUT BEING ASKED	KINDNESS WORKOUT #1	GREET EVERYONE WITH A KIND WORD
<b>MONDAY 4TH</b>	<b>TUESDAY 5TH</b>	<b>WEDNESDAY 6TH</b>	<b>THURSDAY 7TH</b>	<b>FRIDAY 8TH</b>	<b>SATURDAY 9TH</b>	<b>SUNDAY 10TH</b>
ASK A NEW FRIEND TO PLAY AT SCHOOL	KINDNESS WORKOUT #2	HELP THE TEACHER WITHOUT THEM ASKING	GREET YOUR CLASSMATES WITH AN EXTRA BIG SMILE TODAY	HELP A CLASSMATE TIDY AWAY AFTER LESSONS	INVITE YOUR FAMILY TO PLAY A BOARD GAME TOGETHER	KINDNESS WORKOUT #3
<b>MONDAY 11TH</b>	<b>TUESDAY 12TH</b>	<b>WEDNESDAY 13TH</b>	<b>THURSDAY 14TH</b>	<b>FRIDAY 15TH</b>	<b>SATURDAY 16TH</b>	<b>SUNDAY 17TH</b>
BE KIND TO YOURSELF A LITTLE BIT MORE TODAY!	HELP MAKE PANCAKES FOR DINNER	SHARE A POCKET HUG	KINDNESS WORKOUT #2	HOLD THE DOOR OPEN FOR YOUR CLASSMATES	CHOOSE YOUR OWN RANDOM ACT OF KINDNESS!	KINDNESS WORKOUT #1
<b>MONDAY 18TH</b>	<b>TUESDAY 19TH</b>	<b>WEDNESDAY 20TH</b>	<b>THURSDAY 21ST</b>	<b>FRIDAY 22ND</b>	<b>SATURDAY 23RD</b>	<b>SUNDAY 24TH</b>
TELL A FRIEND WHY THEY ARE AMAZING!	DO A CHORE WITHOUT BEING ASKED	PICK UP LITTER	CHEER UP A CLASSMATE WHO LOOKS SAD TODAY	KINDNESS WORKOUT #2	GIVE A PARENT A COMPLIMENT	TELL A JOKE AND MAKE SOMEONE SMILE!
<b>MONDAY 25TH</b>	<b>TUESDAY 26TH</b>	<b>WEDNESDAY 27TH</b>	<b>THURSDAY 28TH</b>	<b>FRIDAY 29TH</b>	<b>SATURDAY 30TH</b>	<b>SUNDAY 31ST</b>
CALL A GRANDPARENT OR RELATIVE FOR A CHAT	DONATE SOME OLD BOOKS TO A FRIEND, SCHOOL OR LOCAL LIBRARY	KINDNESS WORKOUT #3	THINK OF WAYS TO CONTINUE TO BE KIND TO YOURSELF OR OTHERS	KINDNESS WORKOUT #1	CONGRATULATE YOURSELF ON AN EPIC MONTH OF KINDNESS!	RELAX! YOU'VE, EARN'T IT!

5th - Bonfire Night   
 11th-15th - Anti Bullying Week  
 13th - World Kindness Day  
 20th - World Children's Day