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Use the calendar to record your daily acts of kindness. Every time you complete a kind act, you can tick or colour in the box for that day.



Month		Year				
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						
						

Congratulations on your month of kindness.

Being kind sends a powerful message about our connections to each other and the world around us.

Draw a picture of someone who is kind to you or one that shows how your kind acts make you feel.

