

June

2020

Kindness Calendar

Scoil Phadraig Naofa

Helpful Links:

Storyline Online: <https://www.storylineonline.net/>

Dublin Zoo virtual tour : <https://www.dublinozoo.ie/event/virtual-tour/> (10am Mondays)

Mindful Colouring: <https://www.twinkl.ie/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack>

Go Noodle: <https://www.youtube.com/watch?v=O29e4rRMv4>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Go for a walk with your family.	2 Take the time to read a book.	3 Send an unexpected letter to a friend.	4 Give a pet extra attention today.	5 Create a poster with an uplifting message.	6 Take today to kick back and relax.
7 How many times can you make someone smile today?	8 Make a bucket list by the end of this week.	9 Complete one thing from your bucket list by Sunday.	10 Create a list of things that make you happy.	11 Watch and listen to a story from Storyline Online.	12 Draw a picture about the story you listened to yesterday.	13 What is one way you can show courage today?
14 Go on a family nature walk.	15 Take a virtual tour of Dublin Zoo at 10am.	16 Complete a page of Mindful Colouring.	17 Connect with a friend in some way today.	18 Tidy your bedroom/playroom (or both!)	19 Engage in a short mediation today. (Go Noodle)	20 Go on a cycle with a family member.
21 Find a way to show someone you care today.	22 Make a bird feeder and hang it in your garden.	23 Engage in a Cosmic Kids Yoga session today.	24 Have a digital detox today.	25 At the end of today, tell someone three things you are thankful for.	26 Make an acrostic poem to show gratitude.	27 Ask your parents to teach you a game they played as children.
28 Make a playlist of music that inspires you or makes you happy.	29 Spend today only saying nice things about everyone.	30 Smile at everyone you see today.				