



# **CHRISTMAS REWARD TRIP**

**S1/2 Kindness Calendar**

# KINDNESS CALENDAR



- This year you are asked to take part in a kindness calendar.
- This will run from today for 4 weeks.
- You should try to complete at least 5 acts of kindness and record these to show your teachers during Rights Respecting and PSE periods.
- PSE and Rights Respecting teachers will keep track of this with a point system.
- The kindest pupils from S1/2 will then be rewarded with a trip.





# KINDNESS CALENDAR

Each week you should try to complete 5 acts of kindness within 5 different categories (1 from each)

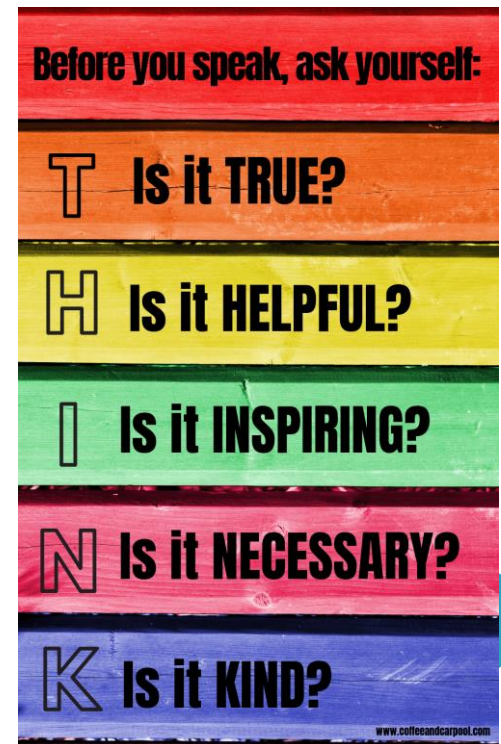
- Online kindness
- Family kindness
- Friends kindness
- Teacher kindness
- Random act of kindness

Here are some suggestions for you to try from each category...



# ONLINE KINDNESS

- Write a nice review for a business you have been to.
- Post an uplifting comment to a friend or family member on social media.
- Only posting positive things online – think before you click!
- Reaching out to someone who needs a friend.



# FAMILY KINDNESS

- Putting your phone away to spend quality time with them.
- Visiting an elderly relative and asking them about their younger years.
- Helping a younger sibling with their homework.
- Helping with housework.
- Helping make dinner.

**MAKE  
KINDNESS  
A FAMILY  
ACTIVITY**



# FRIENDS KINDNESS

- Sending a positive message to make them feel good about themselves.
- Watching their favourite movie with them.
- Making them a gift.
- Baking them a cake.
- Choose to forgive a friend for something.
- Ask a friend how they feel and listen to their answer.



# TEACHER KINDNESS

- Putting your phone away without being asked.
- Helping carry their books.
- Opening doors for them.
- Offering to organise a cupboard or stationary box.
- Helping give out resources.
- Ask a teacher “How can I help you?”



# RANDOM ACT OF KINDNESS

- Reply to a post you enjoyed on social media.
- Volunteer for a charity.
- Take out your neighbours wheelie bin.
- Tell someone you don't know that you like what they are wearing.
- Pick up some rubbish that someone else has dropped.





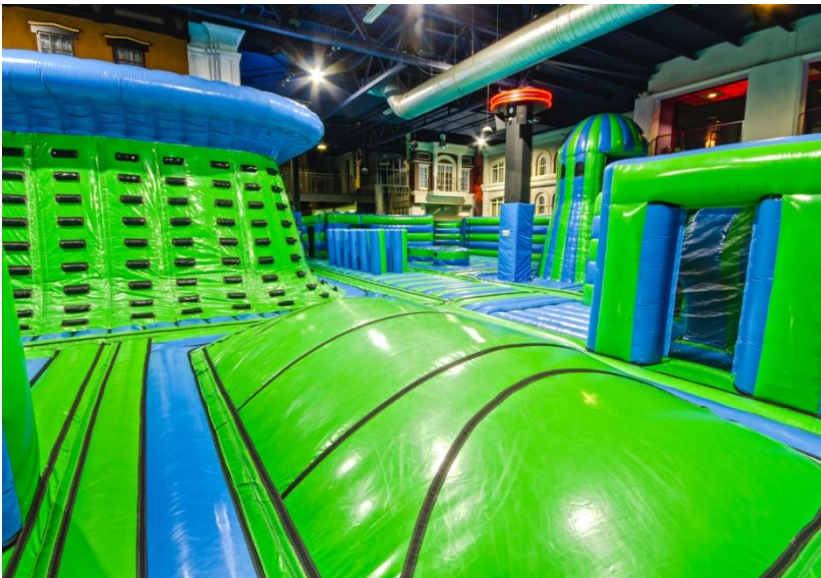
# S1&2 CINEMA TRIP

- The kindest class in S1 and S2 will be taken on a cinema reward trip in the last week of term.



# S2 INFLATABLE CITY TRIP

- The top 5 kindest pupils from each class will be taken to Innoflate in Cumbernauld on 20<sup>th</sup> December during school time!



# HOW TO EVIDENCE

- You will find a blank copy of the kindness calendar on the S1 and S2 Team!
- You should save this to your One Drive, fill this out and evidence it with photographs.

The image shows a screenshot of a digital calendar titled "S1/2 December Kindness Calendar - Record". The calendar is a grid with columns for days of the week (Monday to Friday) and rows for dates. The dates shown are 22 Nov to 17. The calendar is set against a light yellow background. In the top right corner of the calendar area, there is a circular logo with a globe and the text "In a world where you can be anything BE KIND". Below the calendar, there are three text boxes with motivational messages.

Monday	Tuesday	Wednesday	Thursday	Friday
22 Nov	23	24	25	26
29	30	1 Dec	2	3
6	7	8	9	10
13	14	15	16	17

**WE RISE BY LIFTING OTHERS**

**MAKE A DAILY RECORD OF YOUR ACTIONS. YOU WILL REFLECT ON THESE AND SHARE THEM DURING PSE AND RIGHTS RESPECTING OVER THE NEXT FEW WEEKS. DO YOU FEEL HAPPIER? WE REALLY HOPE YOU DO! IF NOT, TAKE MORE ACTION! 😊**

**BEING KIND TO OTHERS IS A WAY OF BEING GOOD TO YOURSELF**

# HOUSE TOKEN SYSTEM

- This year there is a competition between each house to gain the most tokens.
- Teachers can award tokens for any positive behaviour around the school.
- Tokens can also be awarded for acts of kindness completed during your kindness calendar!



