













## 40 days of kindness to your friends, families, neighbours, people you don't know and the natural world.

(You can have most Sundays off but remember to say Thank You to the person who cooked your Sunday dinner)

	Monday		Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week commencing Monday 15<sup>th</sup> February</b>		<p style="text-align: center;">Shrove Tuesday</p> 	<p>Put out food and water for the birds.</p> 	<p>Say thank you to someone as they work and say how much you appreciate them.</p>	<p>Phone a neighbour or send a friendly message to a friend.</p>	<p>Shop locally to support local producers and shops.</p>	
<b>Week commencing Monday 22<sup>nd</sup> February</b>	<p>See if there is anything you can recycle at home.</p>	<p>Smile at people while you're out and about.</p>	<p>Be a nice driver - spread road-calm!</p> 	<p>Show some love to your neighbourhood and pick up litter.</p>	<p>Take time to pray for your neighbours.</p>	<p>Spread the niceness on Zoom, Facebook and Twitter - compliment some of your friends.</p>	
<b>Week commencing Monday 1<sup>st</sup> March</b>	<p>Write a letter to a friend or relative.</p> 	<p>Say Hello to the people that you meet.</p>	<p>Write a prayer for the prayer tree in the church porch or noticeboard.</p>	<p>Spot ways of helping people in your family...and do it!</p>	<p>Go on a thankful walk - see all the positive things you can be thankful for in your village.</p>	<p>Buy Fairtrade wherever you can. (An excuse to buy chocolate!)</p>	
<b>Week commencing Monday 8<sup>th</sup> March</b>	<p>Consider investing some time helping others - could you give 24 hours over the next year?</p>	<p>Start collecting used stamps for a charity.</p> 	<p>Draw a happy picture or print a photo and put it where people can see it.</p>	<p>Be kind to yourself. Think of all the things you do to make others happy.</p>	<p>Take a prayer walk around your neighbourhood and pray for the needs of local people.</p>	<p>Pick or buy some flowers to give to some people on your street on Mothering Sunday.</p>	<p><b>Mothering Sunday,</b> Deliver the flowers.</p> 

## 40 days of kindness to your friends, families, neighbours, people you don't know and the natural world.

(You can have most Sundays off but remember to say thank you to the person who cooked your Sunday dinner)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week commencing Monday 15<sup>th</sup> March</b>	Buy seeds ready to create a wildlife garden (or tub or window box!)	Look for ways to use one hour of your time to help someone else.	Write some inspirational messages on stones and leave them for people to find.	Take time to discover some new tourist attractions in your area (eg wildlife park, play area, etc)	Give away a good game or a book you think is worth reading. 	Plant vegetable seeds to grow and sell at a village plant stall.	
<b>Week commencing Monday 22<sup>nd</sup> March</b>	Say something kind to a member of your family.	Refill a plastic container instead of buying a new one. 	Make a phone call to one of your relatives.	Walk somewhere instead of going by car. 	Clear out unwanted items and give them to a charity shop.	Wash cars for your parents or neighbours.	<b>Palm Sunday</b> 
<b>Week commencing Monday 29<sup>th</sup> March</b>	Send flowers or a card to a friend as a thank you for your friendship.	Make a scrummy cake to share. 	Take the cake to school (if it's allowed) or work, to say thank you to your friends, teachers or colleagues.	<b>Maundy Thursday</b> Serve someone in the best way you can think of. You don't have to wash their feet!	<b>Good Friday</b> Put spare change in a charity box. 	Buy a bar chocolate or an egg at a local shop to deliver tomorrow.	<b>Easter Sunday,</b> Deliver the egg or bar of chocolate to a neighbour. 