

# Summer of Love



Want to make this the best summer ever? Spreading kindness is a great place to start! Not only will you be helping other people, you'll also be helping yourself feel happier at the same time.

This is your own special Kindness Calendar. You can use it to record your acts of kindness during the summer...we've added a few suggestions and left lots of blank spaces for you to add your own ideas.

What colour will you make your hearts? Use our colour key to decide!  
 Green Heart - Acts that are kind to the planet  
 Yellow Heart - Acts that are kind to ourselves  
 Red Heart - Acts that are kind to other people

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Write a kind note for someone ♡	♡	♡	Have a screen-free day ♡	♡	♡	Help tidy up without being asked to ♡
♡	♡	Ask someone how they are and really listen to their answer ♡	♡	♡	Write down 3 things you love about yourself ♡	♡
♡	Spend time doing something that you love ♡	♡	♡	Give a loved one a hug ♡	♡	♡
♡	♡	Spend at least an hour out in nature ♡	♡	♡	Do something kind for someone in your household ♡	♡
Have a sort out of your clothes, toys and books and donate anything you don't need to charity. ♡	♡	♡	♡	Plant some bee-friendly flowers ♡	♡	Write a thank you note for someone who has helped you ♡

**Congratulations! You have completed a whole month of kindness and helped to make the world an even kinder place.**



## WHAT'S NEXT?

If you're doing this activity for school, give your completed calendar to your teacher. Otherwise, ask a grown up to post or email it to us (don't forget to include the contact details sheet!) If you don't have a printer, feel free to write the challenges on your own piece of paper.

52 Lives – School of Kindness, PO Box 3154 Reading, RG1 9AT  
Email: schools@52-lives.org

Deadline: To be included in our prize draw, we must receive your completed sheet and contact details form by 12th September 2023.

## PRIZES...

Everyone who completes their Kindness Calendar will go into the draw to win:  
- a Kindness Bench for their school, donated by NBB Recycled Furniture  
- a £20 toy or book voucher.

While we are happy for all children to take part, only those based in the UK will be eligible to receive the prizes (this is due to logistics). Only one entry per person may be submitted. To be in with a chance of winning one of the prizes, please ensure you complete the details below.



## CONTACT DETAILS... (TO BE COMPLETED BY CHILD'S PARENT / GUARDIAN OR TEACHER)

These details will only be used to send prizes, unless you indicate below that you would like to subscribe to our newsletter or join our Kids' Kindness Club.

**Name of Teacher / Parent / Guardian** .....

**Name of School** .....

**Postal Address** .....

**Email Address** .....

**Telephone Number** .....

- I am interested in joining the free Kids' Kindness Club (we will send you details of how to join)
- I would like to subscribe to the free School of Kindness monthly email newsletter (you can unsubscribe at any time)
- I confirm the child has completed the activities detailed above. I have read the privacy notice (<https://schoolofkindness.org/privacy-policy>) and consent to the processing of my personal data.

Safeguarding: 52 Lives is committed to safeguarding and promoting the welfare of children. We have a duty to share information that is disclosed to us with other agencies where we have safeguarding concerns, in line with legislation. For our full safeguarding policy, visit: <https://tinyurl.com/y6lhootn>



### PSSSSTTT - YOU'VE ALREADY WON!

If you don't happen to win a prize, just remember...when you're kind, it makes your mind and body healthier and happier, and creates a kinder world. That's the best prize of all.

[www.schoolofkindness.org](http://www.schoolofkindness.org)  
[www.kidskindnessclub.org](http://www.kidskindnessclub.org)

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