



# SUNSHINE PEOPLE 6 WEEK LOCKDOWN KINDNESS CALENDAR

You can join the wonderful kindness community @Sponsorkindness taking part in this lockdown challenge. This calendar is intended to focus the mind but we ask that you continue to be safe and follow the guidance. We will post ideas each day to help you along on social media. Use #sponsorkindness - Kindness is worth more than money.

## MONDAY

Go out for a walk and be sure to say hello/smile acknowledge everyone you pass.

Mark off each week you complete

- 1
- 2
- 3
- 4
- 5
- 6

## TUESDAY

Call a friend (old or new) and have a natter. Ask them loads of questions and get your best listening skills in place.

Mark off each week you complete



- 1
- 2
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- 6

## WEDNESDAY

Go out and pick a bag of litter and post about it with the hashtag #just1bag2020

Mark off each week you complete



- 1
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- 5
- 6

## THURSDAY

Write a letter or card to someone. Get your children involved.

Mark off each week you complete



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## FRIDAY

Choose your own act of kindness and then post about it under the Friday post. Maybe it was something that happened to you. Each week one story will win a prize.

Mark off each week you complete



- 1
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- 6

## SATURDAY

Make or bake something and give it to a neighbour or send to someone.

Mark off each week you complete



- 1
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- 6

## SUNDAY

Self care Sunday. We will post lots of ideas each Sunday but the idea is to be kind to yourself.

Mark off each week you complete



- 1
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