

OCTOBER 2023 KINDNESS CHALLENGE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

☐ 01 WORLD VEGETARIAN DAY Discuss kindness to animals and try a veggie snack.	☐ 02 Create an emotion wheel.	☐ 03 Learn about the importance of honesty.	☐ 04 Write a poem about friendship.	☐ 05 WORLD TEACHERS' DAY Make thank-you cards for teachers.	☐ 06 Share an inspiring story with the class.	☐ 07 Practice mindful coloring.
☐ 08 Play a teamwork-building game.	☐ 09 Discuss ways to include everyone in activities.	☐ 10 WORLD MENTAL HEALTH DAY Talk about the importance of mental health.	☐ 11 Practice belly breathing to stay calm.	☐ 12 COLUMBUS DAY Discuss the impact of exploration and discovery.	☐ 13 Share ways to be a good friend.	☐ 14 Practice saying "no" politely.
☐ 15 Discuss different emotions and their importance.	☐ 16 WORLD FOOD DAY Share your favorite meal and discuss global hunger issues.	☐ 17 Play "pass the compliment" in a circle.	☐ 18 Discuss how actions affect others' feelings.	☐ 19 Create a classroom bucket list.	☐ 20 Talk about what makes a community.	☐ 21 Share three things you appreciate today.
☐ 22 Learn about a new culture.	☐ 23 Discuss the power of positive thinking.	☐ 24 UNITED NATIONS DAY Learn about how the UN promotes peace worldwide.	☐ 25 Create a calming jar with water and glitter.	☐ 26 Discuss how to resolve conflicts without fighting.	☐ 27 Share a book that makes you feel good.	☐ 28 Create a vision board for personal goals.
☐ 29 Practice three yoga poses.	☐ 30 MISCHIEF NIGHT Discuss responsible fun and respecting others.	☐ 31 HALLOWEEN Talk about Halloween traditions and emotions they evoke.				