

NOVEMBER 2023 KINDNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			☐ 01 ALL SAINTS' DAY Discuss helping others and community heroes.	☐ 02 Role-play asking for help when needed.	☐ 03 Discuss how to show respect to others.	☐ 04 Share ways to be helpful at home.
☐ 05 Play a fun game that requires patience.	☐ 06 Create an emotions face chart.	☐ 07 Share a time you overcame a fear.	☐ 08 Discuss the importance of keeping promises.	☐ 09 Write an encouraging note to a friend.	☐ 10 Discuss the power of words and phrases.	☐ 11 VETERANS DAY Make cards to thank veterans for their service.
☐ 12 Discuss the importance of family traditions.	☐ 13 WORLD KINDNESS DAY Do a random act of kindness.	☐ 14 Discuss how to be a good listener.	☐ 15 Play "Two Truths and a Lie" to build trust.	☐ 16 Share what makes you unique and awesome.	☐ 17 Practice relaxation techniques.	☐ 18 Share your favorite hobby and why it's fun.
☐ 19 Make a "Gratitude Tree" with paper leaves.	☐ 20 UNIVERSAL CHILDREN'S DAY Discuss children's rights and how to support each other.	☐ 21 Share what makes you feel safe and why.	☐ 22 Discuss how to accept and give compliments.	☐ 23 THANKSGIVING Share something you're thankful for.	☐ 24 Create a "feelings thermometer."	☐ 25 Discuss how to disagree respectfully.
☐ 26 Share a personal achievement and celebrate.	☐ 27 Play a trust-building game.	☐ 28 GIVING TUESDAY - AFTER THANKSGIVING Discuss the importance of giving and helping others.	☐ 29 Practice deep breathing exercises.	☐ 30 ST. ANDREW'S DAY Learn about Scottish culture and make paper kilts.		