



30 Days of
Kindness
Diary

Answer Booklet

Day 1

Kindness without reward. Just be kind. Don't wait for, or expect, a reaction from others.

Challenge

- Write down one thing you want to do today to make something better for somebody else.

Day 2

Kindness without reward. Just be kind. Don't wait for, or expect, a reaction from others.

Challenge

- Write down one thing you could do today that will make you feel better than how you felt yesterday.

Day 3

Kindness without reward. Just be kind. Don't wait for, or expect, a reaction from others.

Challenge

- Write down one thing you could do to make someone feel good today.

Day 4

Be kind to yourself: It's great to make others feel good, but you need to be kind to yourself too.

Challenge

- What is the kindest thing you could do today for someone you love?

Day 5

Be kind to yourself: It's great to make others feel good, but you need to be kind to yourself too.

Challenge

- What is the kindest thing you saw/watched/heard someone else do yesterday?

Day 6

Be kind to yourself: It's great to make others feel good, but you need to be kind to yourself too.

Challenge

- What is the kindest thing you could do today for yourself?

Day 7

Some days you won't feel like being kind: These are the days we have to try our hardest.

Challenge

- Write down something you're good at doing that makes people smile. Try and do it today.

Day 8

Some days you won't feel like being kind: These are the days we have to try our hardest.

Challenge

- Write down something you would like to feel today. Try and make someone else feel like that.

Day 9

Some days you won't feel like being kind: These are the days we have to try our hardest.

Challenge

- Write down something you could start doing that would be kind to yourself. Try and start it today.

Day 10

You may not realise how much difference your kindness makes: but it will.

Challenge

- Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking of them.

Day 11

You may not realise how much difference your kindness makes: but it will.

Challenge

- Who is the person who understands you more than anybody else? Write to them to express what they mean to you and that you are grateful to have them in your life.

Day 12

You may not realise how much difference your kindness makes: but it will.

Challenge

- Who is the person you find challenging to be around? Try and think of something good about them.

Day 13

Tiny acts of kindness make a MASSIVE difference to somebody else.

Challenge

- Think of something that somebody you love would really like to hear. Find a way to say it to them.

Day 14

Tiny acts of kindness make a MASSIVE difference to somebody else.

Challenge

- Think of something that you have but you don't use anymore. Find a way to give it to someone who might like it.

Day 15

Tiny acts of kindness make a MASSIVE difference to somebody else.

Challenge

- Think of somebody who hasn't got anybody. Find a way to show them you care.

Day 16

You **CAN** be kind to people you find hard to be around.

Challenge

- Describe the feeling you get when someone is kind to you.

Day 17

You **CAN** be kind to people you find hard to be around.

Challenge

- Describe the feeling you get when you surprise someone with a present.

Day 18

You **CAN** be kind to people you find hard to be around.

Challenge

- Describe the feeling you get when someone says something nice about you.

Day 19

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

- What are the top three things you like about your favourite person? Write these down and save it for when you speak to them next.

Day 20

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

- What are the top three things you like about your favourite teacher? Write these down and save it for when you speak to them next.

Day 21

When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?

Challenge

- What are the top three things you like about you? Write these down and save it for when you feel like they're not true.

Day 22

If someone isn't kind to you, try to be kind to them.

Challenge

- Write down something you love about someone you know. Maybe you should tell them today.

Day 23

If someone isn't kind to you, try to be kind to them.

Challenge

- Write down something you do that makes people happy. Maybe you should do it today?

Day 24

If someone isn't kind to you, try to be kind to them.

Challenge

- Write down something you could do in your home that nobody would expect you to do. Maybe you should surprise them today.

Day 25

Being kind is a decision you make. It might just be the best decision you make today.

Challenge

- What is the kindest thing you could do to help an animal today?

Day 26

Being kind is a decision you make. It might just be the best decision you make today.

Challenge

- What is the kindest thing you could do to help an elderly person today?

Day 27

Being kind is a decision you make. It might just be the best decision you make today.

Challenge

- What is the kindest thing you could do to help someone who isn't well today?

Day 28

You will always know when someone has been kind to you, but only if you know what it is to be kind.

Challenge

- Who is the kindest person you know? Try doing something they would do.

Day 29

You will always know when someone has been kind to you, but only if you know what it is to be kind.

Challenge

- Who is the kindest character in a film, book or tv show? Try to do something they would do.

Day 30

You will always know when someone has been kind to you, but only if you know what it is to be kind.

Challenge

- Who is the kindest version of you? Keep doing things that they would do.

**If you want to make
the world a better
place, be kind in it.**

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