KINDNESS CALENDAR

Encourage empathy, compassion, and compromise among your children with The Daily Mile Kindness Calendar. Have children practice kindness by completing one of the tasks each time the class does The Daily Mile. Once children have completed all 30 kindness acts, encourage dialogue about how they felt and what they learned throughout their experience.

The Daily Mile™ children fit for life

thedailymile.co.uk

PARTNER IDEAS	DISCUSSION TOPICS	COMPLIMENTS	ENCOURAGMENT	ACTS OF KINDNESS
Pair up with someone you don't sit near in class.	Talk about what it means to "be kind."	Compliment someone on how well they're doing The Daily Mile. *Ex: "You're doing great! Keep up the good work!"*	Say, "Good job!" to someone you pass during The Daily Mile.	Have children pick up any trash they find during their Daily Mile.
Pair up slow & fast runners to do The Daily Mile together. Ask slower runners to speed up and faster ones to slow down.	Discuss ways you can be a good friend.	Compliment someone on why they are a good friend. *Ex: "You are a good friend because you care about others."*	Say, "Way to go!" to someone you pass during The Daily Mile.	Give air "high fives" to someone you pass during The Daily Mile.
Pair up with someone you share the same birthday month with.	Discuss a time when someone was kind to you.	Compliment someone on something they do well. *Ex: "You are really good at art."*	Say, "Keep it up!" to someone you pass during The Daily Mile.	Tell your favorite joke during The Daily Mile.
Run with someone you haven't done The Daily Mile with before.	Talk about why kindness matters.	Compliment someone on what you like most about them. *Ex: "I like your sense of humor and how you make people laugh."*	Say, "You got this!" to someone you pass during The Daily Mile.	Smile at someone you see during The Daily Mile.
Pick a partner and run at a pace that's comfortable for both of you.	Discuss ideas on how you can show kindness at school.	Compliment someone on something you both have in common. *Ex: "I like that we both enjoy running The Daily Mile."*	Say, "You're the best!" to someone you pass during The Daily Mile.	Give a compliment of your choice to someone.
Partner in groups of four and do The Daily Mile in a row together.	Discuss ways you can encourage others to be kind.	Compliment someone on something that makes them unique. *Ex: "You're very good at speaking a different language."*	Say, "Keep going!" to someone you pass during The Daily Mile.	Pick your own Act of Kindness!