

VOL. 2

KINDNESS CALENDAR

Encourage empathy, compassion, and compromise among your students or 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.



www.thedailymile.us

| PARTNER IDEAS | DISCUSSION TOPICS | COMPLIMENTS | ENCOURAGEMENT | ACTS OF KINDNESS |
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| Trade off running, jogging and walking with a friend. | What does kindness mean to you? | Compliment a friend on something they did well. | Say "Hello" to everyone you see during The Daily Mile. | Pick up one piece of trash you find during your Daily Mile. |
| Run with two other friends. | Why do you think it's important to be kind? | Tell someone how well they are doing on The Daily Mile. | Wave at everyone you walk past today. | Give air "high fives" to everyone you pass during The Daily Mile. |
|  Do The Daily Mile with your teacher. | How does being kind to someone make you feel? | Tell someone what makes them a good friend. | Say, "You're doing awesome!" to everyone you pass during The Daily Mile. | Tell your favorite joke during The Daily Mile. |
| Run with someone who is wearing the same color shirt as you. | How do you think other people feel when you are kind to them? | Compliment someone about what subject they are best at. | Say, "I believe in you!" to everyone you pass during The Daily Mile. | Learn three new things about a friend during The Daily Mile. |
| Run with someone who shares your birthday month. | How can you show kindness to others? | Tell someone what you like most about them. | Say, "Way to go!" to everyone you pass during The Daily Mile. | Give a compliment of your choice to someone. |
| Run with someone whose name starts with the same letter as you. | Who is the kindest person you know and why? | Tell someone what makes them unique. | Say, "You're a champion!" to everyone you pass during The Daily Mile. | Pick your own Act of Kindness! |