

VOL. 3

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
Do The Daily Mile with the person you sit next to in class.	How do you know if someone is feeling sad, hurt or angry?	Compliment someone about an activity they do really well. (Ex: You are really good at baseball.)	Say "Don't give up!" to everyone you see during The Daily Mile. 	Give a compliment of your choice to someone.
Run with someone who was born on the same day of the month as you (or closest to it).	What can you say or do to help someone feel better? 	Compliment someone about their best quality. (Ex. You are really brave about trying new things.)	Say, "You're outstanding!" to everyone you pass during The Daily Mile.	Pick your own Act of Kindness!
Do The Daily Mile with your best friend from your class.	What qualities do you want in a friend and why?	Compliment someone on the effort they are making on a difficult problem or subject.	Say, "Super Job!" to everyone you pass during The Daily Mile.	Make someone laugh by making silly faces during The Daily Mile. 
Do The Daily Mile with three friends. 	What is the best quality to have in a friend?	Compliment someone on their smile.	Say, "Amazing effort!" to everyone you pass during The Daily Mile.	Make someone laugh by doing a funny walk during The Daily Mile.
Pick a buddy and do The Daily Mile at a comfortable pace for both of you.	If you were a superhero, who would you help and why?	Tell someone what their best quality is.	Say, "Keep it up!" to everyone you pass during The Daily Mile. 	Ask someone what you can do to make their day better during The Daily Mile.
Do The Daily Mile with someone who is wearing the same color shoes as you.	What can you do to make a new neighbor feel welcome in your neighborhood?	Tell someone the most interesting thing you have learned about them this year.	Say, "You got this!" to everyone you pass during The Daily Mile.	Ask someone how their day is going & listen to understand them.