






September Value: Kindness

TS&PC: Self - Management

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: 4 th - 8 th	Notice how you are feeling today and share your feelings with someone that you trust.	International Day of Charity Donate some clothes, food or your time to a local charity.	National Read A Book Day Take some time out to read a favourite story or book.	World First Aid Day Make/buy a Thank You card for a First Aider you know.	Play a board game with your family or try a new card game.
Week 2: 11 th - 15 th	Write down three positive things about yourself today and keep them to read all week to give you a confidence boost.	Roald Dahl Day Read a Roald Dahl story to someone special. 	Draw a big smiling face and write or draw all the things that make you smile or laugh. 	Remember to use your good manners and say "please" and "thank you" to your parents, teachers and friends.	Go outside and enjoy playing in the fresh air.
Week 3: 18 th - 22 nd	Remember that we can all learn from our mistakes. Mistakes are learning tools - not failures.	How about telling a funny joke to make someone laugh?	Make up a dance routine to your favourite song and teach it to someone in your family, a friend at school or even your teacher!	International Day Of Peace/World Gratitude Day Say a prayer to thank God for all the special things you have - your toys, family, school and friends.	Have a special meal with your family.
Week 4: 25 th - 29 th	Great Big Green Week Get involved in some up-cycling activities. You could make a biodegradable pot.	Collect some litter at school, home or around your local community.	Get involved in some planting activities. Gardening will help you to relax.	Feed the birds at home or at school. You could even try making a bird feeder. Thank God for the beautiful world he has created.	World Heart Day  Visit a local forest with friends or family and go for a brisk walk. Exercise is good for your heart.