



September Value: Kindness

TS&PC: Self - Management

Week	Mindful Monday	Thoughtful Tuesday	Well - Being Wednesday	Thankful Thursday	Feel Good Friday
Week 1: 5 th - 9 th	Notice how you are feeling today and share your feelings with someone that you trust.	Feed the birds at home or at school. You could even try making a bird feeder!	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!	Write or draw at least two things you are thankful for and why.	Play a board game with your family or try a new card game!
Week 2: 12 th - 16 th	Write down three positive things about yourself today and keep them to read all week to give you a confidence boost.	<p>Roald Dahl Day Read a Roald Dahl story to someone special.</p> 	<p>Draw a big smiling face and write or draw all the reasons that make you smile or laugh.</p> 	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: 19 th - 23 rd	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! You could even tell your teacher your joke!	<p>International Day Of Peace</p>  <p>Say "Sorry" to someone you have upset or contact a friend or family member you haven't seen for a while.</p>	Say a special prayer to thank God for all the special things you have- your toys, your family, school and friends. You can even make up your own prayer!	Curl up on the sofa and enjoy reading a great story. If someone at home isn't too busy, they could read to you as well! Just relax and enjoy listening to the story.
Week 4: 26 th - 30 th	Take your time. Make space to just breathe and be yourself.	Give someone a compliment and mean it!	Make a Relax Box. Fill it up with all the things that help you to relax and use it when you need to feel calm.	<p>World Heart Day</p> <p>Give someone special a big hug and thank them for all the things they do for you.</p> 	Take a break and enjoy watching your favourite TV show or movie! Why not have a movie night with all the family?