Calendar Activities

World Kindness Day



KINDNESS - ***the quality of being friendly, generous, and considerate.***

World Kindness Day is celebrated annually on November 13th. On this day we can pledge to not only be kind for the day, but to make the world a happier place everyday by being more kind to others and ourselves.

Remember, your actions can have a positive effect on others. It is so easy to make another person's day better thorough a simple act of kindness, such as a smile, a kind word or token.

Discussion

Talk to your residents about World Kindness Day and ask them what acts of kindness they would like to give and receive.

When we are ill and rely on the help, care and the kindness of others it can make us feel that we are always taking and never giving, this can cause feelings of low self worth. Kindness has a positive effect on the giver and receiver. So it is important that we support others with being kind if they need it.

One way you can encourage acts of kindness is to set up a Kindness Club for your residents. They can discuss and plan ways that they can be kind in their everyday lives to each other, to the care staff and to the wider community and planet!

For Further Research

There have been some lovely ways that people have shown kindness creatively. Kindness themed craft items such as stones, cards and hearts are usually decorated with an uplifting message and left in public places for strangers to find.



Another good kindness activity is to make care kits for a local cause such as a children's home or homeless shelter. Maybe residents could make care kits for each other. The website Random Acts of Kindness has lots of great activities and resources. See the attached poster.

https://www.randomactsofkindness.org

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RESPECT

Treating people, places, and things with kindness.



CARING

Feeling and showing concern for others.



INCLUSIVENESS

Including others, inviting them in, and welcoming them with open arms.



INTEGRITY

Acting in a way you know to be right and kind in all situations.



RESPONSIBILITY

Being reliable to do the things that are expected or required of you.



RANDOM ACTS OF KINDNESS FOUNDATION

www.randomactsofkindness.org

COURAGE

Being brave when facing new or difficult circumstances.

