**Primary 5/4 Kindness Diary**



This week is ‘Mental Health Awareness Week’

Through the week, keep a kindness diary. Write down times when you were kind to others and when others were kind to you. You could type onto this document, print it and write on it or make a log of your own design.

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| **Day** | **Acts of Kindness** |
| **Monday 18th May** |  |
| **Tuesday 19th May** |  |
| **Wednesday 20th May** |  |
| **Thursday 21st May** |  |
| **Friday 22nd May** |  |
| **Saturday 23rd May** |  |
| **Sunday 25th May** |  |