

## 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.

<b>DAY</b>	<b>Acts of Kindness</b>
Monday 18 <sup>th</sup> May	
Tuesday 19 <sup>th</sup> May	
Wednesday 20 <sup>th</sup> May	
Thursday 21 <sup>st</sup> May	
Friday 22 <sup>nd</sup> May	
Saturday 23 <sup>rd</sup> May	
Sunday 25 <sup>th</sup> May	