

# EDUCATION STAFF WELLBEING, SEPTEMBER: KINDNESS

| MON   | TUE  | WED   | THU   | FRI  | SAT  | SUN   |
|---|--|---|---|--|--|---|
|   | Check in with a fellow teacher who may be feeling anxious <sup>1</sup>     | Treat everyone you speak to with kindness <sup>2</sup>        | Say thank you to a colleague for something they've helped with <sup>3</sup> | Does a student or colleague seem down? Make them smile :) <sup>4</sup>   | Ask someone how they feel and listen to their answer <sup>5</sup>      | Call a relative that you haven't seen in a long time <sup>6</sup> |
| Be understanding to anyone who's struggling at the moment <sup>7</sup>  | Water a sad looking plant in your classroom or around school! <sup>8</sup> | Don't put so much pressure on yourself <sup>9</sup>           | New staff member at school? Start a conversation with them <sup>10</sup>    | Give unwanted clothes, food or items to charity <sup>11</sup>            | Be kind to your body - go for a walk <sup>12</sup>                     | See how many people you can make smile today <sup>13</sup>        |
| Can you do something to make life easier for a colleague? <sup>14</sup> | Show an interest in others by asking questions <sup>15</sup>               | Give a sincere compliment to someone <sup>16</sup>            | Offer to help out if you have the time <sup>17</sup>                        | Make time for loved ones <sup>18</sup>                                   | Tell a loved one how much they mean to you <sup>19</sup>               | Listen without judgement <sup>20</sup>                            |
| Write a kind message to yourself for tomorrow! <sup>21</sup>            | Could you help implement a staff buddy system? <sup>22</sup>               | Smile - for yourself and for others <sup>23</sup>             | Write a kind message on the staff room board <sup>24</sup>                  | If someone annoys you, try putting yourself in their shoes <sup>25</sup> | Food shopping? Have a chat with someone that works there <sup>26</sup> | Send a nice message to a friend <sup>27</sup>                     |
| Offer to listen to a colleague who is struggling <sup>28</sup>          | Plan a gift for a colleague's birthday! <sup>29</sup>                      | Encourage kindness in your classroom and beyond <sup>30</sup> |   |  |  |   |