20 Days of Kindness Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*We think that this calendar is a good way to combat bullying because it asks you to be kind every day for 20 days. We hope that this will encourage you, by getting you in the habit of being kind, to extend this to all 365 days of the year. After you complete our kindness advent calendar, please take a moment to reflect on the experience so that that we can see the affect that it had on your class.*

1. What was your favourite activity? Why did you like that particular task?
2. How did others react to you when you tried out the activities in the calendar?
3. How could you work on incorporating kindness into your everyday life?