

Day
1

Today I can... smile a lot!

You feel better when you smile and you can make other people feel better too! How many people will smile back? Try it and see!



Day
2

Today I can... find ways to say "please" and "thank you".

It's nice to hear a 'please' and a 'thank you'. How many times will you say them today?



Day
3

Today I can... make a new friend.

Can you talk or play with someone new? This could be a new friend!



Day
4

Today I can... pick up litter.

Litter doesn't look nice in the playground, around the school or anywhere else! Can you remember to put your litter in the bin today?



Day
5

Today I can... tell each member of my family something I love about them.

The people who look after you are special. Tell them why you love them.



Day
6

Today I can... think about a special charity.

Charities help by looking after or protecting people or animals. Think about a special charity and find out what they do.



Day
7

Today I can... make a thank you card for someone.

Can you make a thank you card to someone who helps you or is kind to you?



Day
8

Today I can... share with someone.

What could you share with someone today? Maybe a toy, book or some pencils?



Day
9

Today I can... share with someone.

Who could you help today and how could you help them?



Day
10

Today I can... be kind to a friend.

Your friends make you feel happy. Make them feel the same by telling them why they're such a good friend to you.



Day
11

Today I can... let someone take my place ahead of me in a queue.

Can you be kind and let someone else go ahead of you?



Day
12

Today I can... find ways to show kindness.

Look out for anyone you can be kind to today. What could you do to make someone's day better?



Day
13

Today I can...
hold doors open for others.

Opening a door for
someone and smiling
at them might
make their day!



Day
14

Today I can...
look after my pets.

Animals need caring for
too. If you don't have any
pets, other animals like wild
birds need caring for as well.
What can you do to take
care of an animal today?



Day
15

Today I can... help set
the table or wash the dishes.

Pick a job at home
that you never help
with and do it! You'll
make someone happy!



Day
16

Today I can...
give my family a hug.

Hug a member of your
family. You'll make
them smile!



Day
17

Today I can... say hello.

In and around school
today, can you show
how friendly you are?
A happy, "Hello!"
might brighten
someone's day!



Day
18

Today I can... be patient.

Try waiting your turn
and being patient
today. There is no
need to rush or be the
first all of the time.



Day
19

Today I can... show someone
how to do something new.

We all know how to
do things that other
people aren't sure of.
What could you show
someone else how to
do today?



Day
20

Today I can... do something
helpful without being asked.

Give someone a
surprise today by
doing something
without being asked.



Day
21

Today I can...
plant something.

You need to be kind
and patient to look
after a plant. Can
you help it to grow
by giving it water
and sunlight?



Day
22

Today I can... do a job around
the house that is normally
done by someone else.

Perhaps Mummy or Daddy
always sets the table or your
sister always washes the
dishes, could you do one of
their jobs today that might
save them some time?



Day
23

Today I can...
be kind to my neighbours.

Smile, wave and
say hello! They
might do the
same back!



Day
24

Today I can... choose
something that I have
to give to charity.

Do you have a toy, book
or some clothes that you
don't need anymore?
Perhaps you could take
it to a charity shop for
others to enjoy?



Day
25

Today I can...
forgive someone.

If someone has upset you, don't stay angry with them. If they have said "sorry", try to be friends again.



Day
26

Today I can... clean
my room without being asked.

Who tidies your room?
Can you clean it up
today? If someone else
usually does it, they
will be really happy!



Day
27

Today I can... be calm.

We all get angry
sometimes. What
could you do to try
and stay calm?



Day
28

Today I can...
clean up the playground.

Sometimes, people leave
their belongings lying
around and sometimes
there is litter. Can
you help to keep the
playground lovely?



Day
29

Today I can... make
a special gift for someone.

Can you think
of a gift you can
make to give to
someone for the
end of Ramadan?



Day
30

Today I can... think of
how I can continue to be kind and
generous every day now that
Ramadan has ended.

Give that special gift
you made to someone to
celebrate Eid al Fitr – the
breaking of the fast.

