



# A Month of Mindfulness For Your Class



## MONDAY

Decide to be kind to others (and yourself) all this month

Water some flowers or plants at school

Give your unused clothes away to support a charity

If someone annoys you, imagine how it feels to be them

## TUESDAY

Leave a positive note for someone else to find

Speak to a friend to let them know you're thinking of them

Notice when someone is down and try to brighten their day

When you buy one and get one free, give the extra item away

## WEDNESDAY

Treat everyone you interact with as though they are a friend

Offer your seat, give way or hold the door open for others

Show support for a cause that doesn't affect you directly

Try to bring a smile to as many people as possible today

## THURSDAY

Ask someone how they are and really listen to their reply

Spend time wishing for other people to be free from suffering

Today do something to make life easier for someone else

Donate your change to support a good cause

## FRIDAY

Do a good deed for someone else

Be thankful for your food and the people who made it possible

Make a drink for someone

Pay sincere compliments to people you meet today

## SATURDAY

Start friendly conversations with people you don't know

Take time to forgive someone who hurt you in the past

Do something nice for your parents or guardians

Give your time and energy to help someone in difficulty

## SUNDAY

Surprise someone you care about

Make a thoughtful gift as a surprise for someone

No plans day! Be kind to yourself so you can be kinder to others

Cook your favourite food for someone who will appreciate it

# The Bugs Group



FootieBugs



YogaBugs



DanceBugs



MultiBugs