



30 Days of  
**Kindness**  
Diary

***Answer Booklet***

## Day 1

**Kindness without reward.** Just be kind. Don't wait for, or expect, a reaction from others.

### *Challenge*

- Write down one thing you want to do today to make something better for somebody else.

Type your answers here.

## Day 2

**Kindness without reward.** Just be kind. Don't wait for, or expect, a reaction from others.

### *Challenge*

- Write down one thing you could do today that will make you feel better than how you felt yesterday.

Type your answers here.

## Day 3

**Kindness without reward.** Just be kind. Don't wait for, or expect, a reaction from others.

### *Challenge*

- Write down one thing you could do to make someone feel good today.

Type your answers here.

## Day 4

**Be kind to yourself:** It's great to make others feel good, but you need to be kind to yourself too.

### *Challenge*

- What is the kindest thing you could do today for someone you love?

Type your answers here.

## Day 5

**Be kind to yourself:** It's great to make others feel good, but you need to be kind to yourself too.

### *Challenge*

- What is the kindest thing you saw/watched/heard someone else do yesterday?

Type your answers here.

## Day 6

**Be kind to yourself:** It's great to make others feel good, but you need to be kind to yourself too.

### *Challenge*

- What is the kindest thing you could do today for yourself?

Type your answers here.

## Day 7

**Some days you won't feel like being kind:** These are the days we have to try our hardest.

### *Challenge*

- Write down something you're good at doing that makes people smile. Try and do it today.

Type your answers here.



## Day 8

**Some days you won't feel like being kind:** These are the days we have to try our hardest.

### *Challenge*

- Write down something you would like to feel today. Try and make someone else feel like that.

Type your answers here.

## Day 9

**Some days you won't feel like being kind:** These are the days we have to try our hardest.

### *Challenge*

- Write down something you could start doing that would be kind to yourself. Try and start it today.

Type your answers here.

## Day 10

**You may not realise how much difference your kindness makes: but it will.**

### *Challenge*

- Who haven't you spoken to in ages? Send them a letter or an email today and tell them you were thinking of them.

Type your answers here.

## Day 11

**You may not realise how much difference your kindness makes: but it will.**

### *Challenge*

- Who is the person who understands you more than anybody else? Write to them to express what they mean to you and that you are grateful to have them in your life.

Type your answers here.

## Day 12

**You may not realise how much difference your kindness makes: but it will.**

### *Challenge*

- Who is the person you find challenging to be around? Try and think of something good about them.

Type your answers here.

## Day 13

**Tiny acts of kindness** make a MASSIVE difference to somebody else.

### *Challenge*

- Think of something that somebody you love would really like to hear. Find a way to say it to them.

Type your answers here.

## Day 14

**Tiny acts of kindness** make a MASSIVE difference to somebody else.

### *Challenge*

- Think of something that you have but you don't use anymore. Find a way to give it to someone who might like it.

Type your answers here.

## Day 15

**Tiny acts of kindness** make a MASSIVE difference to somebody else.

### *Challenge*

- Think of somebody who hasn't got anybody. Find a way to show them you care.

Type your answers here.



## Day 16

You **CAN** be kind to people you find hard to be around.

### *Challenge*

- Describe the feeling you get when someone is kind to you.

Type your answers here.

## Day 17

You **CAN** be kind to people you find hard to be around.

### *Challenge*

- Describe the feeling you get when you surprise someone with a present.

Type your answers here.

## Day 18

You **CAN** be kind to people you find hard to be around.

### *Challenge*

- Describe the feeling you get when someone says something nice about you.

Type your answers here.

## Day 19

**When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?**

### *Challenge*

- What are the top three things you like about your favourite person? Write these down and save it for when you speak to them next.

Type your answers here.

## Day 20

**When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?**

### *Challenge*

- What are the top three things you like about your favourite teacher? Write these down and save it for when you speak to them next.

Type your answers here.

## Day 21

**When you find yourself needing to make a difficult decision, ask yourself: what is the kindest thing to do?**

### *Challenge*

- What are the top three things you like about you? Write these down and save it for when you feel like they're not true.

Type your answers here.

## Day 22

If someone isn't kind to you, try to be kind to them.

### *Challenge*

- Write down something you love about someone you know. Maybe you should tell them today.

Type your answers here.

## Day 23

If someone isn't kind to you, try to be kind to them.

### Challenge

- Write down something you do that makes people happy. Maybe you should do it today?

Type your answers here.



## Day 24

If someone isn't kind to you, try to be kind to them.

### Challenge

- Write down something you could do in your home that nobody would expect you to do. Maybe you should surprise them today.

Type your answers here.

## Day 25

**Being kind is a decision you make.** It might just be the best decision you make today.

### *Challenge*

- What is the kindest thing you could do to help an animal today?

Type your answers here.

## Day 26

**Being kind is a decision you make.** It might just be the best decision you make today.

### *Challenge*

- What is the kindest thing you could do to help an elderly person today?

Type your answers here.

## Day 27

**Being kind is a decision you make.** It might just be the best decision you make today.

### *Challenge*

- What is the kindest thing you could do to help someone who isn't well today?

Type your answers here.

## Day 28

**You will always know when someone has been kind to you,** but only if you know what it is to be kind.

### *Challenge*

- Who is the kindest person you know? Try doing something they would do.

Type your answers here.

## Day 29

**You will always know when someone has been kind to you, but only if you know what it is to be kind.**

### *Challenge*

- Who is the kindest character in a film, book or tv show? Try to do something they would do.

Type your answers here.

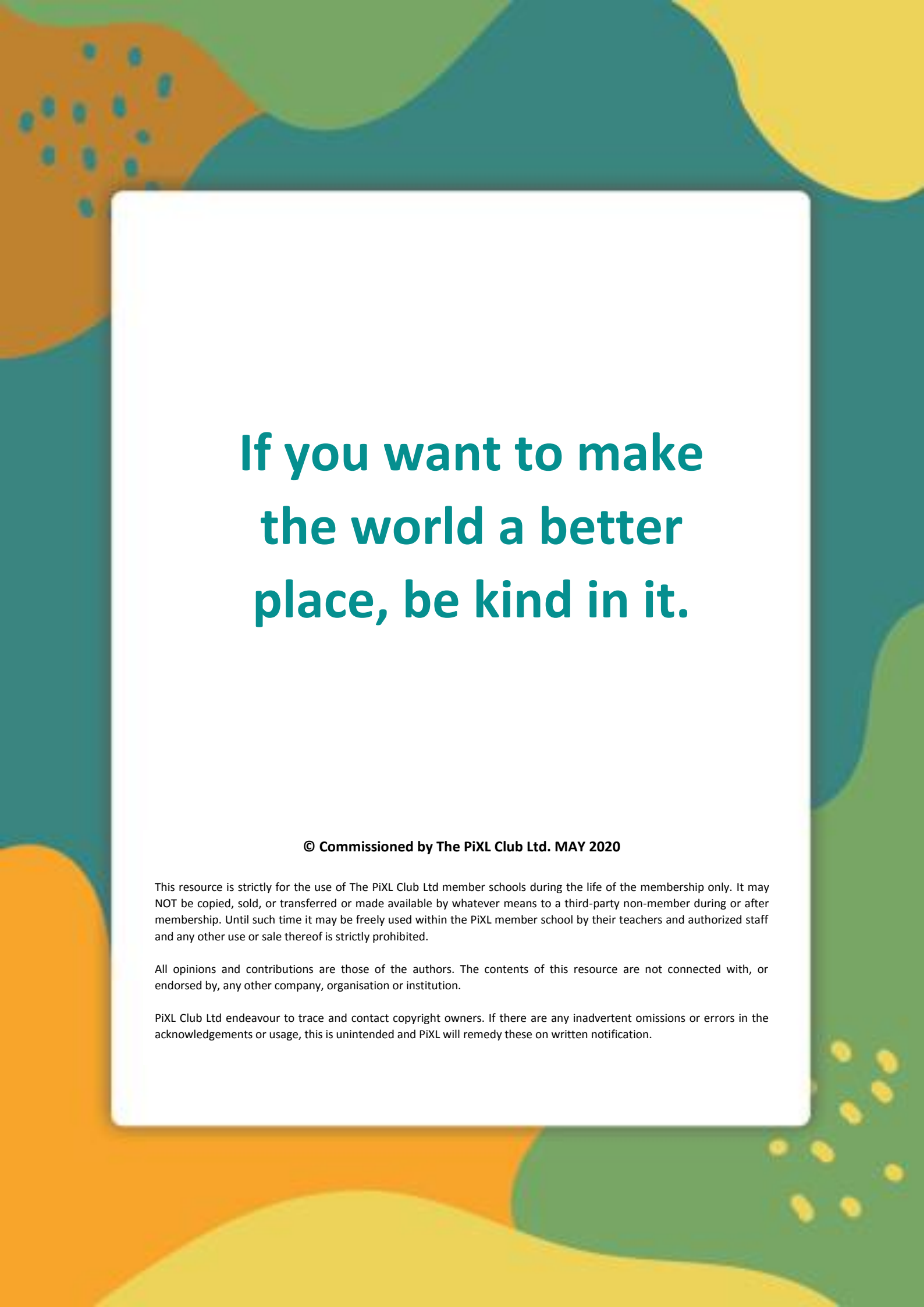
## Day 30

**You will always know when someone has been kind to you,** but only if you know what it is to be kind.

### *Challenge*

- Who is the kindest version of you? Keep doing things that they would do.

Type your answers here.



**If you want to make  
the world a better  
place, be kind in it.**

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