



Kindness Calendar

04 – 08 May

The Kindness
School Foundation



Weekly theme: The way to the heart is through the stomach

Monday	Kind to me	Eating your favourite food and staying healthy is a great way of being kind to yourself. What is your favourite dish/food? What do you like about it most? Choose your favourite food/dish and look up how to make it online, or ask someone who knows how to make it to teach you. Share your favourite dish with us on Twitter, using @KindnessSchools and #KindnessCalendar
Tuesday	Kind to others	Is there someone who can't eat your favourite dish? Think about the recipe and how you would make it for someone who is, for example, vegan, gluten intolerant, or allergic to nuts. Look up these food allergies and how a surprising amount of people can't eat staple foods.
Wednesday	Kind to the world	Think about where your food comes from and the journey each ingredient takes to get to your plate. Is there a more sustainable option than the one you are using currently? Is your household buying a lot of unnecessary plastic? Are you making sure to recycle all food waste properly?
Thursday	Kind to me	Use the recipe from Monday to practice cooking your favourite dish. Start small – cook a small portion, experiment a bit, and try your best to learn as much as you can! Ask for help from someone in your household if you're not sure about using the kitchen.
Friday	Kind to others	Cook the dish you practiced yesterday for your household! Whether that's breakfast, lunch, or dinner – do your best to make something tasty for everyone around you. If someone in your house can't eat it, use what you learned on Tuesday to cook a version of it for them that they can eat.



If you don't have Twitter but would like to share your work, send us your work to info@kindness-school.org and we'll tweet them for you!

The Kindness School Foundation

61a Newington Green Road | London | N14 4U

www.kindness-school.org