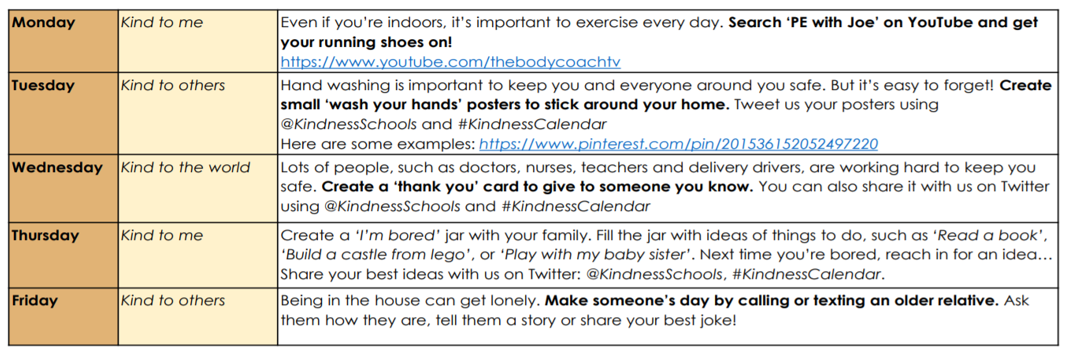
**Kindness Calendar**

**Week 1: Looking After Ourselves   
(How many of these challenges can you complete next week?)**



Courtesy of The Kindness School Foundation. 