

TCS/GEN/014/2022-23

Date: 14-04-2022

**CIRCULAR**

**VALUE OF THE MONTH: FRIENDSHIP - صداقة**

**SUBJECT: KINDNESS PROGRAM**

Dear Parent,

Greetings from The Central School Dubai!

We are glad to inform you that our Kindness Program starts from Friday 15th April which will continue for the entire year as a part of our Moral Education Parent -Student Interaction Program.

Performing random acts of kindness is a really simple thing to do and a great way to spread some positivity. By carrying out a random act of kindness our students might just change someone's day with a simple smile and a hello in the morning!

The calendar for the year will soon be uploaded on our School Website and also attached here for your reference. An Activity Sheet will be shared each week for your feedback and involvement with your child to build the values and grow up as a responsible, kind, and caring individual of the world.

Please complete the task given on every weekend and submit it to your class teacher on every Monday.

We look forward for your continued support.

Regards,



Vice Principal

## OUR KINDNESS CALENDAR

Parent - Student Activity

2022-2023

<b>15th April 2022</b> When you buy one and get one free, give the extra item away to someone needy.	<b>22nd April 2022</b> Compliment your classmate or a family member and make their day	<b>29th April 2022</b> Wish good morning to all the people you meet in the morning.	<b>6th May 2022</b> Contact an old friend via phone or message to let them know you are thinking of them.	<b>13th May 2022</b> Write a good luck letter to your friend.			
<b>20th May 2022</b> Try to bring a smile to as many people as possible today. Count the people you made smile today.	<b>27th May 2022</b> Write a poem for someone you love.	<b>3rd June 2022</b> No complain or no negative talk all day. Spread positive vibes.	<b>10th June 2022</b> Pay sincere compliments to people you meet today.	<b>17th June 2022</b> Give your time and energy to help someone in difficulty	<b>24th June 2022</b> Turn your phone off and give people your full attention.	<b>9th September 2022</b> Look for the good side in everyone you meet today.	<b>16th September 2022</b> Donate some money to support a good cause.
<b>23rd September 2022</b> Help your mom or dad to carry grocery bags.	<b>30th September 2022</b> Spend time in prayer for other who are not your family members.	<b>7th October 2022</b> Be thankful for your food and the people who made it possible.	<b>14th October 2022</b> Make a phone call or video call to a relative who is far away to say hello and have a chat.	<b>21st October 2022</b> Plan a day to visit some animal rescue center and contribute for a good cause.	<b>28th October 2022</b> Notice when someone is down and try to brighten their day	<b>4th November 2022</b> Forgive someone who hurt you in the past. Pray for yourself and that person.	<b>11th November 2022</b> Be a helping hand to make life easier for someone else
<b>18th November 2022</b> Tell someone younger to you something that you had heard at their age as a lesson for them.	<b>25th November 2022</b> If someone annoys you, imagine how it feels to be them. Be loving today.	<b>2nd December 2022</b> Ask someone how they are and really listen to their reply	<b>9th December 2022</b> No Plans Day! Be kind to yourself so you can be kinder to others	<b>6th January 2023</b> Offer to babysit to your mom, relative or family friend so they can have some time to do their work.	<b>13th January 2023</b> Gift someone a book that you found inspiring or helpful	<b>20th January 2023</b> Make some food item and share it with your neighbor.	<b>27th January 2023</b> Let someone go ahead in line at the supermarket place at the billing counter.

**SUMMER HOMEWORK** - Collect coins for a good cause.

**WINTER HOMEWORK** - Make a thoughtful gift or a surprise for someone at school or home.