

# Do it for Dolly Day

## Senior Primary Activity Ideas

As a class or family watch the following two YouTube clips:

- [Joy and Heron](#)
- [Kid President's Kindness](#)

### Activity #1 Whole group brainstorm

Ask:

- What is kindness and how did we see it play out in this video?
- What was the impact of kindness on both of the main character's lives?
- Is showing kindness important in each of our daily lives? Why/why not
- Can we always see the ripple effect of our kindness to others and should that be what motivates us to do kind acts?
- Ask, "Tell me something kind that you've done lately, big or small" and write the responses down using the two categories.

For example:

Big act of kindness	Small act of kindness
Visit a retirement home and perform songs	Offer to help someone with their homework
Take care of someone's pet while they're away	Clean your room without being asked
Offer to collect your neighbour's groceries	Clean the dishes after dinner
Water and weed the garden for an elderly neighbour	Invite someone on their own to join in
Wash the car for your parents	Let someone have their turn first in a game

# Activity #2: Make your own MEANINGFUL MAY 2020 kindness calendar

Using the template provided on the next page, children can individually write in something they can do each day to show an act of kindness.



## ACTION CALENDAR: MEANINGFUL MAY 2019



MONDAY

**"We can change the world"**  
~ Nelson Mandela



**6** What are your most important values? Use them today

**13** Find a way to craft your work activity to give it more meaning

**20** Think about how your actions make a difference in the world

**27** Link today's choices and decisions to your purpose in life

TUESDAY

**7** Go on a kindness mission. Give your time to help others today

**14** Recall three things you've done that you are really proud of

**21** Ask a loved one or colleague what matters most to them in life

**28** Today do something to care for the planet

WEDNESDAY

**1** Do something meaningful for someone you really care about

**8** Tell someone about why your favourite music means a lot to you

**15** Look for opportunities to be a good citizen of the world today

**22** Support a cause that stands for something you believe in

**29** Tell someone about 3 events in your life that were really meaningful

THURSDAY

**2** Share photos of 3 things you find meaningful or memorable today

**9** Pay special attention today to the people you cherish most

**16** Share an inspiring quote with someone that matters to you

**23** Reflect on what makes you feel really valued and appreciated

**30** What do you want to change in the world? Do something today

FRIDAY

**3** Take interest in people who are older, younger or different to you

**10** Find out about the values and traditions of another culture

**17** Gaze up at the stars and see that we are part of something bigger

**24** Notice all the amazing wonders in the world around you today

**31** Take the AfH pledge: to create more happiness in the world

SATURDAY

**4** Get outside. Look at the sky & feel connected to the natural world

**11** Do something to help a project or charity you care about

**18** Connect with people who matter to you (face-to-face if possible)

**25** Find out how to get involved in a group in your local community

SUNDAY

**5** Choose one of your life goals and take a step towards it

**12** Visit a location that you find inspiring and meaningful

**19** Today do something that makes your soul sing

**26** Do something special today and revisit it in your memory tonight



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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

# Meaningful May 2020 Kindness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
4	5	6	7	8 Do it for Dolly Day	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31