

“Eyes on Cyber Bullying - Safe Schools and Violence Free” BULLY-FREE

2019 Calendar



Eyes on
Cyber
Bullying -Safe
Schools and
Violence Free

BULLY-FREE

Just Say NO To BULLYING.
Kids Aren't Born Bullies.
Try to spread love instead of bullying!
Leave Bullying To Bulls. Become Human.
No Bullies Allowed.
Be Happy! Bullies Hate It.
Be nice on the Net. Think before you type!



Project partners are:

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2. RIGAS RAINA 8.VAKARA (MAINU) VIDUSSKOLA, Riga, Latvia
3. PAGKYPRIO LYKEIO, Larnaca, Cyprus
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Co-funded by the
Erasmus+ Programme
of the European Union

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January 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Do something helpful for a friend
or family member!

Encourage others to practice
kindness: share this calendar!

Plan what extra acts of kindness
you will do in 2019...



February 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	1	2	3

Forgive someone and look for
their good points!

Leave a happy note for someone
else to find!

Be kind to you: Take a walk and
focus on nature's beauty!



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March 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
25	26	27	28	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Look for the good in others and notice their strengths!

Find three good things to look forward to this year !

Say something positive to everyone you meet today!



April 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

Thank three people you're grateful to and tell them why ..

Eat healthy food which really nourishes you today!

Today do something fun (ideally with others)!



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May 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

Forgive someone and look for their good points!

Try out something new to get out of your comfort zone!

Count how many people you smile at today!



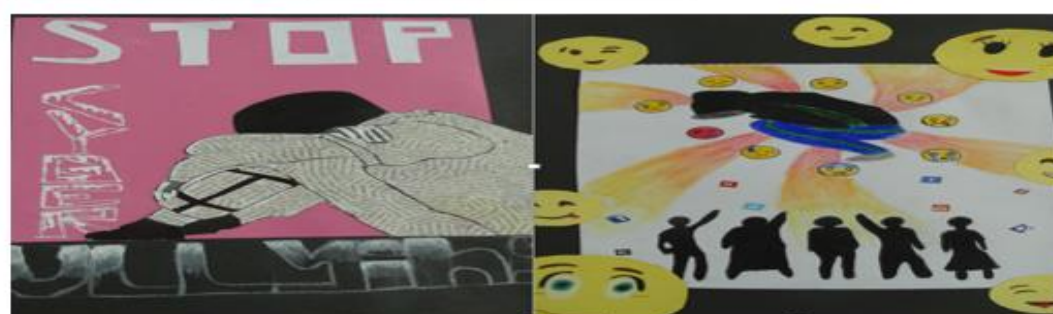
June 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Challenge your negative thoughts and look for the upside!

Write down your dreams and plans for the future!

Get back in contact with an old friend you miss!



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July 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Put away your devices and focus fully on who you're with!

Write down ten things you feel grateful for in life and why!

Decide to lift people up rather than put them down!



August 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

STOP CYBERBULLYING!!!

*DO NOT ACCEPT OR TOLERATE ANY
ABUSIVE LANGUAGE OR BEHAVIOUR*

FINISH THE ERASMUS PROJECT