



# KINDNESS CALENDAR 2023



SUNDAY

MONDAY

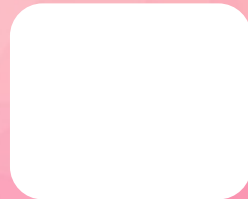
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**1** Create a Good News Jar for your family.

**2** Set or clear the table at dinner tonight.

**3** Compliment the first 3 people that you talk to today.

**4** Play a game with your sibling or family member that you know they like.

**5** Post inspirational sticky notes around your house.

**6** Leave a surprise treat in your mailbox for your postman.

**7** Hold the door open for 4 people today.

**8** Call your grandparents or someone you love just to say hi.

**9** Do a favor for someone without asking for anything in return.

**10** Tell someone a joke to make them laugh.

**11** Write a positive note on a friend's social media account.

**12** Practice self-kindness and spend 30 minutes doing something you love today.

**13** Make a card for someone special.

**14** Write down 3 compliments for each family member and put them on their bedroom door.

**15** Teach someone something new.

**16** Make a list of things that you are grateful for.

**17** Give someone you know a big hug today.

**18** Plan a movie or game night for your family or friends.

**19** Make cookies for your family.

**20** Do someone else's chore without being asked.


**21** Write, email or text someone who made a difference in your life and tell them about it.

**22** Leave bubbles and a kind note on someone's doorstep.

**23** Bring a treat to a friend or neighbor.

**24** Create a kindness paper chain with your family and hang it up.

**25** Donate your old clothes, books or toys to a good cause.

**26** SMILE at people today  


**27** Send a positive text to 5 people to brighten their day.

**28** Tell someone how much you love them.



NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED - AESOP