



# KINDNESS CALENDAR 2024



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

**12**  
Write a positive note on a friend's social media account.

**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**  
Make cookies for your family.

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

**19**  
Give someone you know a big hug today.

**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**  
Be a positive role model for others.

**29**  
Tell someone how much you love them.



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