



KINDNESS CALENDAR 2026



SUNDAY

1

Create a Good News Jar for your family.

MONDAY

2

SMILE at people today



TUESDAY

3

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

WEDNESDAY

4

Give someone you know a big hug today.

THURSDAY

5

Tell someone how much you love them.

FRIDAY

6

Be a positive role model for others.

SATURDAY

7

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

8

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

9

Post inspirational sticky notes around your house.

10

Leave a surprise treat in your mailbox for your postman.

11

Hold the door open for 4 people today.

12

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

13

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

14

Tell someone a joke to make them laugh.

15

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

16

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

17

Make a card for someone special.

18

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

19

Teach someone something new.

20

Make a list of things that you are grateful for.

21

Make cookies for your family.

22

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

23

Compliment the first 3 people that you talk to today.

24

Do someone else's chore without being asked.

25

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

26

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

27

Bring a treat to a friend or neighbor.

28

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

ADD IDEAS TO
KEEP SPREADING
KINDNESS
GOING
FORWARD



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