



Kindness Calendar

- Day 1: Spread Kindness - share this calendar with others!
- Day 2: Contact someone you can't be with and see how they're doing.
- Day 3: Offer to help someone who is hurting.
- Day 4: Make a difference in the drive-thru and pay for the car behind you!
- Day 5: Give someone a compliment today.
- Day 6: Make a gift or send a card to someone who is feeling lonely.
- Day 7: Support a charity or cause.
- Day 8: Leave a positive message for someone to find.
- Day 9: Buy extra items at the grocery store and donate them to a food bank.
- Day 10: Turn off digital devices and really listen to someone.
- Day 11: Overtip your server or delivery driver.
- Day 12: Pick up a piece of trash.
- Day 13: Let someone into your lane in traffic.
- Day 14: Return your shopping cart.
- Day 15: Hold the door for the person behind you.
- Day 16: Do something helpful for a friend or family member.
- Day 17: Contact an elderly neighbor and brighten their day.
- Day 18: Practice gratitude - list the kind things others have done for you.
- Day 19: Shop local and support family businesses.
- Day 20: Let someone know you appreciate them and why.
- Day 21: Donate pet food or items to a local animal shelter.
- Day 22: Send a friend or relative a card in the mail.
- Day 23: Choose to give or receive the gift of forgiveness.
- Day 24: Let someone in front of you in line.
- Day 25: Leave coins at a laundromat or car wash.
- Day 26: Let someone else have that parking spot.
- Day 27: Send a gratitude email to a co-worker.
- Day 28: Write a positive comment on friend's social media account.
- Day 29: Run an errand for a busy mom.
- Day 30: Share the good news of Jesus Christ with someone.