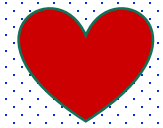


WAYS TO BE KIND CALENDAR



1 Call a relative who is far away to say "Hello!"

2 Do something nice for someone to add a smile to their day.

3 Be kind to YOU. Take a walk, enjoy nature.

4 Give money to a good cause.

5 Forgive someone and look for the golden nugget within them.

6 Offer to take someone's dog for a walk.

7 Shovel, rake, or weed for a neighbor.

8 Thank people who do things you might normally take for granted.

9 Do an act of kindness to help an older person.

10 Pick up the trash in your neighborhood today.

11 Leave money with a little note for someone.

12 Buy a drink or pay the toll for the person in line behind you.

13 Offer hugs to friends and family today.

14 Do something helpful for a family member.

15 Make a card or decoration for someone in a nursing home.

16 Take supplies to a local animal shelter.

17 Make home made gifts to give away (crafts, cookies, poems).

18 Spread some GOOD news.

19 Write some happy notes. Leave them each place you run an errand.

20 Compliment as many people as possible today.

21 Count how many people you can make smile today.

22 Do something helpful for a friend.

23 Buy an extra item (or 3) to donate to a local food bank.

24 Make a card or decoration for someone special.

25 Give clothes/toys you have outgrown to someone in need.

26 Find ways to be kind to yourself today.

27 Cook a double dinner. Surprise someone with a meal.

28 Turn off digital devices. Really spend time with someone.

29 Plan what acts of kindness you will do next month.

30 Say something positive to everyone you meet today.

31 Give \$ for each bed you have in your house to a homeless shelter.

No act of kindness, however small, is ever wasted. - Aesop

