

★ ★ ★ **SEPTEMBER 2024** ★ ★ ★  
**KINDNESS CALENDAR**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 SAY "HELLO" TO THREE PEOPLE YOU DON'T KNOW VERY WELL.	2 HELP A CLASSMATE WITH THEIR SCHOOLWORK.	3 DRAW A PICTURE FOR SOMEONE WHO MIGHT NEED A SMILE.	4 SHARE A TOY OR GAME WITH A FRIEND.	5 WRITE A THANK-YOU NOTE TO SOMEONE WHO HAS HELPED YOU.	6 GIVE A COMPLIMENT TO A FAMILY MEMBER.	7 HELP WITH A CHORE AT HOME WITHOUT BEING ASKED.
8 OFFER TO PLAY WITH SOMEONE WHO SEEMS LONELY.	9 MAKE A HOMEMADE CARD FOR SOMEONE SPECIAL.	10 SHARE YOUR FAVORITE BOOK WITH A FRIEND.	11 ASK A FRIEND HOW THEIR DAY IS GOING AND REALLY LISTEN.	12 DONATE A TOY OR BOOK YOU NO LONGER NEED.	13 THANK A FRIEND FOR BEING A GOOD FRIEND AND TELL THEM WHY.	14 HELP A NEIGHBOR WITH SOMETHING THEY NEED.
15 MAKE A POSITIVE SIGN AND PUT IT SOMEWHERE OTHERS CAN SEE.	16 GIVE A HUG TO SOMEONE WHO LOOKS SAD.	17 CLEAN UP A MESS THAT ISN'T YOURS.	18 INVITE A NEW FRIEND TO JOIN YOUR GAME OR ACTIVITY.	19 HELP YOUR TEACHER BY PICKING UP THINGS IN THE CLASSROOM.	20 SEND A MESSAGE TO SOMEONE TO LET THEM KNOW YOU'RE THINKING OF THEM.	21 HOLD THE DOOR OPEN FOR SOMEONE.
22 SHARE YOUR SNACK WITH A FRIEND.	23 DRAW A PICTURE FOR YOUR PARENTS AND TELL THEM WHY YOU LOVE THEM.	24 WRITE A KIND NOTE AND LEAVE IT IN A LIBRARY BOOK FOR SOMEONE TO FIND.	25 HELP A SIBLING WITH THEIR HOMEWORK.	26 DO A RANDOM ACT OF KINDNESS FOR SOMEONE IN YOUR FAMILY.	27 MAKE A KINDNESS JAR AND FILL IT WITH NOTES OF KIND THINGS YOU DO.	28 COMPLIMENT A CLASSMATE'S OUTFIT OR A PIECE OF WORK THEY DID.
29 PICK UP LITTER AT THE PARK OR IN YOUR NEIGHBORHOOD.	30 SHARE A KIND STORY WITH YOUR FAMILY AT DINNER.					

\*REMEMBER TO ASK YOUR PARENTS FIRST IF YOU WANT TO HELP SOMEONE YOU DON'T KNOW.

WE'D LOVE TO SEE YOUR ACTS OF KINDNESS IN ACTION! SHARE YOUR PHOTOS WITH US USING #KINDNESSISMYTHING IF YOU POST ON SOCIAL MEDIA, AND INSPIRE OTHERS TO SPREAD KINDNESS TOO!

