



# Kindness Calendar



## NOVEMBER

Make an effort to not complain for the whole day

1

Write a note to give to your sibling or friend with everything you love about them

2

Offer to walk your neighbor's dog

3

Tape quarters to parking meters

4

Help someone carry their groceries to their car

5

Write a list of 10 things you're grateful for when you first wake up

6

Laugh at someone's joke

7

Take the time to write a great online review for a restaurant you love

8

Go on a hike & pick up all the trash you see along the trail

9

Attend a local, volunteer effort

10

Send hand-drawn thank you cards to veterans

11

Apologize and make amends with someone you were unkind to

12

Give a candy bar to your bus driver

13

Go out of your way to be extra nice to someone you don't really like (they may surprise you!)

14

Email a former teacher that impacted you

15

Volunteer to read at a local nursing home

16

Hold a food bank drive in your community

17

Send a care package to a family friend in college

18

Paint compliments on a pot, plant a seed, & give it to a friend

19

Research & draw out your family tree to give to an older relative

20

Lend a friend your favorite book or movie

21

Wheel a neighbor's trash can/recycling bin out for pick-up

22

Leave exact change in the change slot of a vending machine

23

Create as many cards as you can with a friend to donate to a nursing home

24

Donate some of your old books to a school or shelter

25

Print a photo of you and a friend and give it to them

26

Stamp postcards, give them to strangers, & encourage them to get back in touch with someone

27

Share about something that changed your life with someone struggling

28

Give someone a hug or a high five

29

Donate games and art supplies to a children's hospital

30