



Kindness Calendar

JANUARY



			Donate books to a "free little library" near you 1	Leave heads-up pennies on the sidewalk 2	Sign an online petition pertaining to a cause you care about 3	Decorate your bathroom mirror with positive sticky notes 4
Give a \$5 fast food gift card to a stranger 5	Clean up a mess that wasn't yours 6	Experiment with something new 7	Call three friends to let them know you're thinking about them 8	Become a pen pal with a kid in a different part of the world 9	Tell your parents how much you appreciate them 10	Declutter your home by recycling old electronics 11
Do chores for a family member that could use some extra free time 12	Donate homemade cat toys to a shelter 13	Stand up for something you believe in 14	Frame an old picture and send it to a friend or family member 15	Tip your server 50% 16	Introduce yourself to your neighbors 17	Buy flowers to hand out to strangers 18
Practice mindfulness 19	Relay an overheard compliment to the person it was about 20	Donate school supplies to a local school 21	Cook a meal for a senior citizen 22	Give thanks for everyday things, not just gifts 23	Volunteer to walk dogs or help out at a dog shelter 24	Say please and thank you 25
Decorate tissue boxes and hand sanitizer to donate to a nurse's station 26	Sign up to run/walk a 5K for a cause 27	Leave a quarter in a gumball machine 28	Keep a pen on hand and give it to the first person that asks to borrow it 29	Donate to a friend's favorite charity in their name 30	Leave a kind note for a stranger in a library book 31	