



Kindness Calendar

<p>Bring an extra snack to give away before you leave your house</p> <p>1</p>	<p>Tell someone why they are special to you</p> <p>2</p>	<p>Invite some people in your neighborhood over for a game night</p> <p>3</p>	<p>Write positive messages on bathroom mirrors with a dry erase marker</p> <p>4</p>	<p>Make homemade cards for a retirement community</p> <p>5</p>	<p>Donate canned goods to a food bank</p> <p>6</p>	<p>Fill a jar with candy & compliments to give to a friend or family member</p> <p>7</p>
<p>Hang a positive note on a bulletin board</p> <p>8</p>	<p>Volunteer to play games or do a craft at your local nursing home</p> <p>9</p>	<p>Hand out notes with compliments on them to friends</p> <p>10</p>	<p>Say "Hello" to someone you don't know</p> <p>11</p>	<p>Ask a senior citizen to tell you their life story</p> <p>12</p>	<p>Start a gratitude journal and begin by writing 10 things you love about your life</p> <p>13</p>	<p>Hold your tongue-- don't correct someone even if you think they're wrong</p> <p>14</p>
<p>Reflect on all of the good people in your life</p> <p>15</p>	<p>Say thank you as much as possible</p> <p>16</p>	<p>Do 35 jumping jacks right when you wake up to get your adrenaline pumping</p> <p>17</p>	<p>Help cook a meal for a family that just had a baby</p> <p>18</p>	<p>Remind yourself that everyone has their own struggles & cut someone some slack</p> <p>19</p>	<p>Research a cause & pass on the knowledge you gain to others</p> <p>20</p>	<p>Tidy up a store's dressing room before leaving</p> <p>21</p>
<p>Tell a manager about outstanding customer service</p> <p>22</p>	<p>Donate toys to a children's hospital or shelter</p> <p>23</p>	<p>Re-fold the rumpled clothes on store display tables</p> <p>24</p>	<p>Research a scientific topic that interests you</p> <p>25</p>	<p>Call someone in your family you haven't seen in awhile</p> <p>26</p>	<p>Offer to take a picture of a couple or group trying to take a selfie</p> <p>27</p>	<p>Say yes to the cashier next time they ask if you want to donate \$1 to a cause</p> <p>28</p>
<p>Give sincere, handwritten thank you notes to those who have been kind to you</p> <p>29</p>	<p>Take a picture with your family to send to an older relative</p> <p>30</p>	<p>Reflect on everything you've accomplished this month & take time to be grateful</p> <p>31</p>	<p>MARCH</p>			

