



Kindness Calendar



MAY

Call a graduating college student and congratulate them!

1

Hide a note for a family member in a unique hiding spot that they will find today!

2

Appreciate the sunrise or sunset today

3

Check in on a friend from school that you haven't talked to in awhile

4

Make some encouraging signs or notes to leave in your neighbors' mailboxes

5

Choose your own way to show someone you care

6

Send cheerful notes to lonely seniors.
bkind.ly/cards

7

Plan in your mind what your perfect day indoors would be and then live it!

8

Compliment the first three people you talk to today

9

Make your mom's day as special as can be! Make her a card and bring her breakfast in bed

10

Expand your mind. Read a good book!

11

Share your expertise (making a friendship bracelet, doing a dance, etc.) with someone in your house or with a friend virtually

12

Make an upbeat playlist and share it with others

13

Refrain from complaining all day

14

Encourage a friend to pursue their dreams

15

Call a friend that you've been thinking about

16

Create a poster with an uplifting message and post it in your window

17

Relax and reflect on what you're grateful for in your life

18

Share a picture or video of your pet with a friend to life their spirits

19

Choose one way to help the environment today

20

Call a graduating high school student and congratulate them!

21

Spend today doing what makes you happy

22

Order dinner to be delivered to a friend, neighbor, or family member

23

Make a special dessert for your family

24

Make a slideshow of fun memories to share with others

25

Draw a comic and send it to someone

26

Collect 3-5 favorite jokes and call your grandparents to share them

27

Send a friend or family member a favorite framed picture of you both

28

Offer to help your parents with yard work

29

Create a photo album of your family to share with them

30

Treat yourself to your favorite thing to do indoors like watching a favorite movie or reading a favorite book!

31