



# Kindness Calendar

## SEPTEMBER



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