

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1 Pick up trash at school or in your community.	2 Congratulate someone you know for something they have accomplished.	3 When you finish reading a great book, leave it in a public place with a note for someone to find.
4 Ask a friend or a family member to go on a walk with you.	5 Give your leftovers bag from dinner to someone in need.	6 Do something with or for your parents that they love.	7 Make cookies for some neighbors or friends.	8 Put a dish of water outside your house for your neighbor's dog to enjoy.	9 Send a pump-up playlist to a friend going through a hard time.	10 Bring treats to give to dogs at the park (make sure to ask the owner if it's okay).
11 Spread the word about a local business you love in your community.	12 Write a letter by hand to someone who's made a difference in your life.	13 Create homemade bookmarks to donate to your local library.	14 Place a happy or positive sign in your front yard.	15 Bring someone you care about a hot chocolate.	16 Let someone in front of you in the checkout line at the store.	17 Buy a souvenir for someone the next time you travel away from home.
18 Share a funny picture or video with a family member.	19 Surprise someone with a thoughtful, inexpensive gift.	20 Change three small things about your routine that will help the environment.	21 Tape kind notes to chocolate bars and hand them to strangers.	22 Share a motivating quote or story with someone who inspires you.	23 Fill a basket with everything a newborn baby needs & drop it off at a local hospital.	24 Donate some of your clothes to a local community outreach center.
25 Stop to have a conversation with someone sitting alone.	26 Volunteer to take photos of animals waiting to be adopted.	27 Offer a piece of gum to a stranger.	28 Offer to babysit or petsit for free.	29 Offer your seat to an elderly person.	30 Celebrate a little extra when someone tells you good news.	31 Leave a jar of wishing pennies by a fountain.