

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/2 Spend 48 hours only speaking & thinking positively.	3 Help prepare a healthy breakfast for your family.	4 Play a game virtually with a friend or group of friends.	5 Help a friend at school with something they need.	6 Host a virtual lunch or dinner party for your friends near & far.	7 Create & send a fun video to lift someone's spirits.	8 Invite a friend to watch a movie together.
9 Lead "high/low/hero" during dinner with your family.	10 Give someone you love a high-five or hug.	11 Do someone else's chores as a surprise to them.	12 Tell a friend or family member a joke.	13 Call your grandparents or an older person you know to see how they are.	14 Write a review for a small business or book you've read.	15 Congratulate a friend on something they've accomplished.
16 Celebrate someone you know.	17 Call a relative you haven't talked to in awhile.	18 Draw a picture of flowers and send it to someone you love.	19 Clean up a mess that isn't yours.	20 Make an encouraging sign or note for someone.	21 Create a playlist for a friend.	22 Write a note to someone telling them how much you appreciate them.
23 Write a positive note on a sticky note & put it on your refrigerator for all to see.	24 Send a favorite book to a friend.	25 Ask a friend or family member about their day.	26 Chalk your driveway with kind messages for anyone who sees it.	27 Help your parents with dinner.	28 Offer to help with yard work for your family or neighbor.	29 Do the dishes for your parents.
30 Offer to help an elderly neighbor with a project.	31 Smile at 5 people today.	1	2	3	4	5

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Start a fundraiser online or at your school.	2 Write inspiring notes to leave on random cars in a parking lot.	3 Bring attention to the accomplishments of someone that deserves more recognition.	4 Acknowledge someone when they walk into the room.	5 Buy a new toy for your pet or a pet you know.
6 Donate supplies to a random teacher via an online classroom wishlist.	7 Treat a friend or stranger to an apple cider.	8 Learn how to say "please" & "thank you" in 5 different languages.	9 Listen to an upbeat playlist while you get ready in the morning.	10 Smile and greet other students at school.	11 Expand your circle of friends by inviting someone new to hang out.	12 Learning something new about a different culture.
13 Make an effort to start every conversation on a positive note.	14 When someone does something nice for you, give them a hand-written thank you card.	15 Make plans with someone you haven't been able to connect with for awhile.	16 Write for fun! It can be a story, poem, or even in your journal.	17 Ask & remember the names of people you consistently see.	18 Slip a note of gratitude under a sibling, parent, or roommate's door.	19 Do a chore without being asked.
20 Do five things that make you happy.	21 Praise a classmate on a recent project they worked hard on.	22 Take a shorter shower than usual to conserve water.	23 Donate used towels & blankets to an animal shelter.	24 Learn how to say "hello" in 10 different languages.	25 Start reading a book that's been collecting dust on your bookshelf.	26 Tell a cheesy joke to a friend to make them smile.
27 Donate stuffed animals to a police station or fire department.	28 Start a piggy bank for a cause.	1	2	3	4	5

MARCH 2022

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

APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Ask someone under a lot of pressure how you can help.	2 Watch a movie with your sibling that they have been wanting to watch.
3 Make a card for someone who just underwent surgery.	4 Give an encouraging note to a friend.	5 Frame a friend's favorite quote and give it to them.	6 Thank the maintenance and cafeteria staff at your school.	7 Give someone an unexpected compliment.	8 Introduce yourself to someone new.	9 Work a shift in a soup kitchen.
10 Write positive messages & put them in pants pockets at a clothing store.	11 Give a plant to your teacher.	12 Don't speak over other people.	13 Deliver treats or flowers to a neighbor's house.	14 Teach someone how to make your favorite healthy snack.	15 Organize a local cleanup effort.	16 Pledge to use less plastic to lessen your carbon footprint.
17 Record a video message to send to a faraway friend.	18 Make a teacher smile! Surprise them with a treat, note, or kind words.	19 Donate dog and/or cat food to an animal shelter.	20 Reach out to someone you know going through a tough time.	21 Write a letter to someone who has made a difference in your life.	22 Draw a picture for a friend.	23 Clip coupons & put them next to corresponding items in the store.
24 Write a poem for your parents.	25 Make care bags to give to those in need.	26 Make a friendship bracelet & give it to a new friend.	27 Accomplish one task on your bucket list.	28 Put together a "movie night in" basket for your family.	29 Send flowers anonymously to a receptionist.	30 Make homemade play-doh to donate to a preschool class.

MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Donate games & art supplies to a children's hospital.	2 Give someone a hug or a high-five.	3 Share about something that changed your life with someone struggling.	4 Print a photo of you & a friend and give it to them.	5 Make an effort to not complain for the whole day.	6 Stamp postcards, give them to strangers, & encourage them to get back in touch with someone.	7 Write a note for a friend or sibling with everything you love about them.
8 Offer to walk your neighbor's dog.	9 Tape quarters to parking meters.	10 Help someone carry their groceries to their car.	11 Write a list of 10 things you're grateful for when you first wake up.	12 Laugh at someone's joke.	13 Take the time to write a great online review for a restaurant you love.	14 Go on a hike & pick up all the trash you see along the trail.
15 Attend a local volunteer effort.	16 Send hand-drawn thank you cards to veterans.	17 Apologize & make amends with someone you were unkind to.	18 Give a candy bar to a bus driver.	19 Go out of your way to be extra nice to someone don't really know.	20 Email a former teacher that impacted you.	21 Volunteer to read at a local nursing home.
22 Hold a food bank drive in your community.	23 Send a care package to a family friend in college.	24 Paint compliments on a pot, plant a seed, & give it to a friend.	25 Research & draw out your family tree to give to an older relative.	26 Lend a friend your favorite book or movie.	27 Wheel a neighbor's trash can/recycling bin out for pick-up.	28 Suggest a fun outing for your family.
29 Create as many cards as you can with a friend to donate to a nursing home.	30 Donate some of your old books to a school or shelter.	31 Ask someone to share one of their happiest memories with you.	1	2	3	4

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Share a funny story with someone.	2 Tidy up and vacuum your room.	3 Put change in a vending machine for someone to stumble upon.	4 Leave happy notes around town.
5 Let someone go ahead of you in line.	6 Plant something in your backyard.	7 Wash someone's car.	8 Write a thank-you note for your mail carrier & leave it in your mailbox.	9 Feed the birds.	10 Pick up litter.	11 Buy a coffee for a stranger.
12 Talk to someone new.	13 Write chalk messages on the sidewalk.	14 Read a book to someone.	15 Say "hello" to everyone you see.	16 Hold the door open for someone.	17 Email a former teacher that had a positive impact on you.	18 Collect books for the library.
19 Help someone load groceries into their car.	20 Volunteer at a soup kitchen.	21 Collect money or items for a local charity.	22 Take food to your local food pantry.	23 Share a special toy with a friend.	24 Look for a new recipe to make with your family.	25 Donate a toy to Toys for Tots.
26 Walk dogs at an animal shelter.	27 Say "thank you" when you see service members.	28 Leave a kind note in a library book.	29 Tell your principal something you love about your teacher.	30 Leave bubbles & a note on someone's doorstep.	1	2

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1 Write warm fuzzies to your friends.	2 Connect with a new group of people.
3 Plant something new in your backyard.	4 Invite someone new to eat dinner with you.	5 Send a postcard to a friend or family member.	6 Give or send someone a handmade card.	7 Give 10 high-fives today.	8 Write a note of appreciation to someone.	9 Give food or water to someone in need.
10 Recommend a book you think someone might like.	11 Do something kind for someone you don't know.	12 Make an effort to appreciate the sunset from a good viewpoint.	13 Tell someone they're "glowing" or that they look happy & healthy.	14 Pick someone and do kind things for them throughout the day.	15 Write a poem to brighten someone's day.	16 Ask someone, "What can I help you with?"
17 Gift a gift for no reason.	18 Keep an extra pen or pencil on hand to give to someone who needs it.	19 Write 5 things you like about someone and gift them that list.	20 Make a treat for a friend.	21 Reduce, reuse & recycle.	22 Shop local.	23 Drop quarters on the ground for people to find.
24 Tell your parents you love them.	25 Find one new way to get involved with your community.	26 Let a friend who is going through an emotional time vent.	27 Take someone new in your neighborhood on a tour of the city.	28 Offer to wash someone's car for free.	29 Donate clothes you don't wear anymore.	30/31 Spend 48 hours only speaking & thinking positively.

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Start learning a new skill you've always wanted to try.	2 Donate tissues & hand sanitizer to your school or a nearby school.	3 Surprise a friend or family member with their favorite drink.	4 Smile at every person you see all day long.	5 Research your family tree & share what you've learned with other relatives.	6 Make a thank you card for your local firefighters.
7 Bring cookies to a neighbor.	8 Donate coloring books & crayons to a children's hospital.	9 Remember to turn off the water while brushing your teeth.	10 Make a bucket list & start by completing one thing on it today.	11 Learn something new about someone different from you.	12 Video chat with a relative you haven't seen in awhile.	13 Help someone brainstorm for an upcoming project.
14 Do an act of kindness for someone & encourage them to pay it forward.	15 Compliment ten people before noon.	16 Hang your clothes to dry instead of using the dryer.	17 Bring breakfast to a friend.	18 Make cards for the residents at your local nursing home.	19 Pack someone a lunch for the day.	20 Place a note of appreciation & a small gift in a neighbor's mailbox.
21 Figure out a friend's half birthday & surprise them with a treat.	22 Put change in a vending machine for a stranger.	23 Read inspirational kindness quotes for a pick-me-up.	24 Hold the door open for a group of people.	25 Invite someone new to sit with you during lunch.	26 Make a homemade card to send to a friend on the other side of the world.	27 Tell a friend all the things you love about their family.
28 Take someone new in your neighborhood on a tour of your area.	29 Leave a pack of baby wipes at a random changing station.	30 Call your grandparents just to say, "Hi!"	31 Bring an extra snack for a friend.	2	3	4

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 Leave pennies heads-up 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 food gift card to a stranger.	5 Clean up a mess that wasn't yours.	6 Experiment with something new.	7 Call 3 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 & send it to a friend or family member.	15 Tip your server 30%.	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 & 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 & give it to the first person that asks to borrow it.	29 Donate to a friend's favorite charity in their name.	30 Donate books to a "free little library" near you.	1

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1/2 Spend 48 hours only speaking & thinking positively.	3 Appreciate the sunrise or sunset today.	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.	7 Plan in your mind what your perfect day indoors would be & then live it out.	8 Compliment the first three people you talk to today.
9 Make your parents a card and bring them breakfast in bed.	10 Expand your mind. Read a good book.	11 Share your expertise on a topic with a friend or family member.	12 Make an upbeat playlist & 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 & post it in your window.	17 Relax & reflect on what you're grateful for in your life.	18 Share a picture or video of your pet with a friend to lift their spirits.	19 Choose one way to help the environment today.	20 Call a graduating high school student & 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 & send it to someone.	26 Collect 3-5 favorite jokes & call your grandparents to share them.	27 Send a friend or family member a favorite framed picture of the two of you.	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.	31 Call a graduating college student and congratulate them.	1	2	3	4	5

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Tell someone you love them.	2 Ask a friend to tell you their most treasured memory.	3 Make a friendship bracelet for a friend.	4 Offer to do a chore without being asked.	5 Tell someone how they've impacted your life.
6 Take time to listen to someone.	7 Give a friend a movie or book recommendation.	8 Make a conscious effort to stay out of gossip today.	9 Do a favor without asking for anything in return.	10 Say no to peer pressure or encourage someone else to.	11 Write a letter of appreciation to one of your family members.	12 Brighten someone's day with a joke.
13 Prepare a snack for a friend.	14 Leave an inspiring note in a book for someone to find.	15 Connect with a new group of people.	16 Thank a friend for always being there.	17 Create a "celebration list" & write down everything you've accomplished.	18 Tell someone you don't know that you love their outfit.	19 Give a shout-out to someone who has inspired you.
20 Give someone the benefit of the doubt by standing up for them.	21 Make "kindness cards" with inspirational quotes to hand out to friends.	22 Spend 24 hours only speaking & thinking positively.	23 Write a letter of appreciation to one of your favorite teachers.	24 Say "thank you" as much as possible throughout the day.	25 Write 3 things you're thankful for and invite a friend to do the same.	26 Make a lanyard for a friend.
27 Pick up trash and recyclables.	28 Be the reason someone smiles today.	29 Ask someone you see today, "How can I help you today?"	30 Practice empathy & put yourself in someone else's shoes.	1	2	3

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.