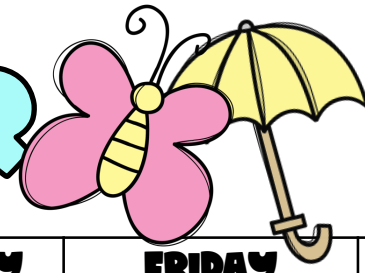


# KINDNESS CALENDAR



# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>1</b> Help to clean a room in your house</p>	<p><b>2</b> Thank someone for being them</p>	<p><b>3</b> Read to a younger relative</p>	<p><b>4</b> Enjoy family time</p>	<p><b>5</b> Make every bed in your house</p>	<p><b>6</b> Make your bed and help serve breakfast</p>	
<p><b>7</b> Help make dinner</p>	<p><b>8</b> Make someone laugh</p>	<p><b>9</b> Wash the dishes</p>	<p><b>10</b> Draw someone a picture</p>	<p><b>11</b> Write a thank you note to a teacher</p>	<p><b>12</b> Help your parents with the laundry</p>	<p><b>13</b> Write a thank you note to a health care worker</p>
<p><b>14</b> Give yourself a compliment</p>	<p><b>15</b> Tell someone they are awesome</p>	<p><b>16</b> Think about what makes you special</p>	<p><b>17</b> Offer to help a relative that lives with you</p>	<p><b>18</b> Give out 5 compliments</p>	<p><b>19</b> Tell a family member three things you love about them</p>	<p><b>20</b> Help make lunch</p>
<p><b>21</b> Write a thank you note to a first responder</p>	<p><b>22</b> Smile at as many people as you can</p>	<p><b>23</b> Write a gratitude list</p>	<p><b>24</b> Tell a sibling or relative three things you like about them</p>	<p><b>25</b> Go on a walk with a trusted adult and wave to at least 3 people</p>	<p><b>26</b> Do something helpful</p>	<p><b>27</b> Call or FaceTime a relative you haven't spoken to in a while</p>
<p><b>28</b> Write a family member a nice note</p>	<p><b>29</b> Do a favor without expecting anything in return</p>	<p><b>30</b> Smile when you see someone</p>	 <p>Be the rainbow in someone's sky.</p>			