

# January 2023

# KINDNESS CALENDAR

Kindness starts with you.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Thank someone for being them	<b>2</b> Hold the door open for someone	<b>3</b> Give out 5 compliments	<b>4</b> Talk to someone who you don't normally talk to	<b>5</b> Eat lunch with someone new	<b>6</b> Give someone an air high five	<b>7</b> Say good morning to every person you see
<b>8</b> Clean up a mess you didn't make	<b>9</b> Make someone laugh	<b>10</b> Let someone go in front of you while you're in line	<b>11</b> Draw someone a picture	<b>12</b> Write a thank you note for someone	<b>13</b> Introduce yourself to someone new	<b>14</b> Donate canned foods to the food pantry
<b>15</b> Offer help to someone who is in need	<b>16</b> Tell someone they are awesome	<b>17</b> Ask someone how they're doing	<b>18</b> Give yourself a compliment	<b>19</b> Hug everyone in your family	<b>20</b> Tell a teacher three things you like about them	<b>21</b> Help with the chores at home
<b>22</b> Donate toys to kids in need	<b>23</b> Pick up trash around your neighborhood	<b>24</b> Write a gratitude list	<b>25</b> Tell your parents three things you love about them	<b>26</b> Enjoy family time	<b>27</b> Do something helpful	<b>28</b> Call a relative you haven't spoken to in a while
<b>29</b> Smile at as many people as you can	<b>30</b> Do a favor without expecting anything in return	<b>31</b> Offer to help your teacher with something				