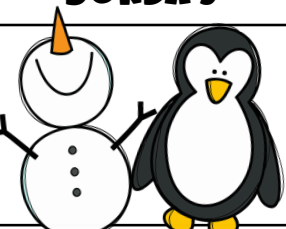


January 2024

KINDNESS CALENDAR

Kindness starts with you.



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