

KINDNESS CALENDAR

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
One kind word can change someone's entire day.			1 Eat lunch with someone new	2 Thank someone for being them	3 Write a family member a nice note	4 Make your bed and help serve breakfast
5 Clean up a mess you didn't make	6 Make someone laugh	7 Let someone go in front of you while you're in line	8 Draw someone a picture	9 Write a thank you note to a staff member at school	10 Invite someone to play a game with you at recess	11 Donate toys to kids in need
12 Give yourself a compliment	13 Tell someone they are awesome	14 Hold the door open for someone	15 Think about what makes you lucky	16 Give out 5 compliments	17 Tell a family member three things you love about them 	18 Help with the chores at home
19 Donate books to kids in need	20 Smile at as many people as you can	21 Write a gratitude list	22 Tell a teacher three things you like about them	23 Give three people an air high five	24 Do something helpful	25 Call a relative you haven't spoken to in a while
26 Pick up trash around your neighborhood	27 Do a favor without expecting anything in return	28 Smile when you see someone	29 Enjoy family time after school	30 Offer to help your teacher	31 Recommend a book to someone	