

KINDNESS CALENDAR

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gratitude changes everything.			1 Smile when you see someone	2 Thank someone for being them	3 Draw a picture for your family	4 Make your bed and help serve breakfast
5 Help make dinner	6 Make someone laugh	7 Wash the dishes	8 Draw someone a funny picture	9 Write a thank you notes to military personnel	10 Help your parents with the laundry	11 Write about your favorite thing to do with your family
12 Give yourself a compliment	13 Tell someone they are awesome	14 Think about what makes you special	15 Offer to help a relative that lives with you	16 Give out 5 compliments	17 Tell a family member 3 things you love about them	18 Help make lunch
19 Write a thank you note to a first responder	20 Smile at as many people as you can	21 Write a gratitude list with a family member	22 Tell a sibling or relative 3 things you like about them	23 Go on a walk with a trusted adult and wave to at least 3 people	24 Do something helpful around the house	25 Call or FaceTime a relative you haven't spoken to in a while
26 Donate canned goods to your local food pantry	27 Do a favor without expecting anything in return	28 Read a story to a younger relative	29 Hold the door open for someone	30 Write your teacher a thank you note		