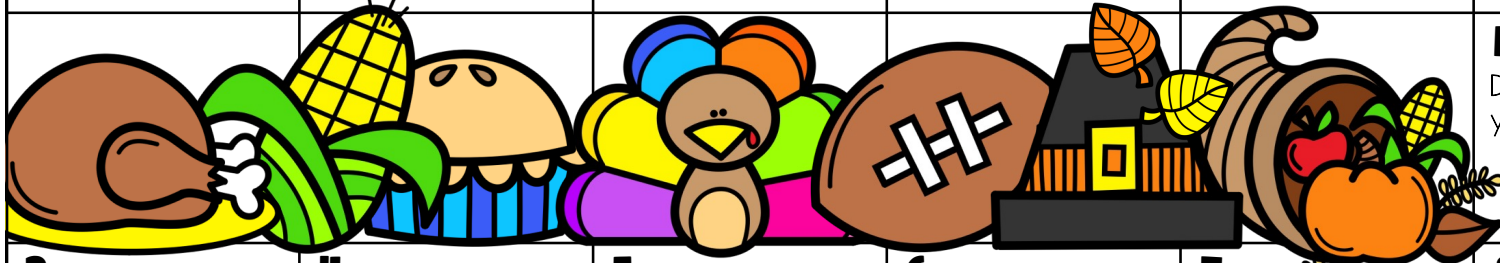


KINDNESS CALENDAR

Gratitude changes everything.

November 2024

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