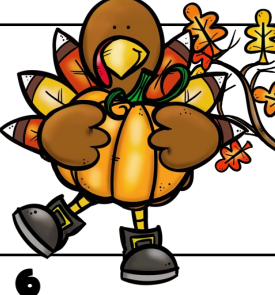
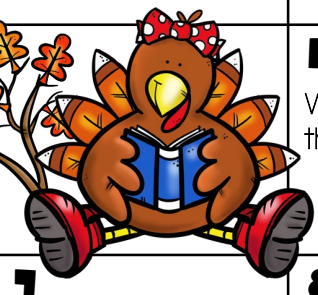



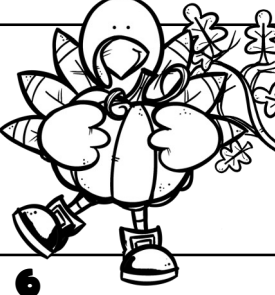
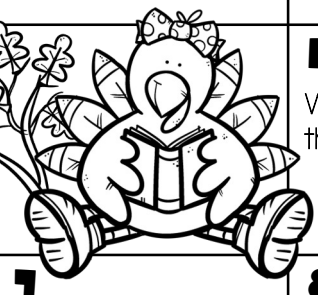

# KINDNESS CALENDAR

# November 2022

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

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