


KINDNESS CALENDAR

October 2024

Be the one who makes others feel included.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Read a story to a younger relative	2 Hold the door open for someone	3 Thank someone for being them	4 Enjoy family time	5 Make your bed and help serve breakfast
6 Help make dinner	7 Make someone laugh	8 Wash the dishes	9 Draw someone a funny picture	10 Do something helpful around the house	11 Help your family with the laundry	12 Help make breakfast
13 Give yourself a compliment	14 Tell someone they are awesome	15 Think about what makes you special	16 Offer to help a relative that lives with you	17 Give out 5 compliments	18 Tell a family member 3 things you love about them	19 Help make lunch
20 Write a thank you note to a first responder	21 Smile at as many people as you can	22 Write a gratitude list with a family member	23 Tell a sibling or relative 3 things you like about them	24 Go on a walk with a trusted adult and wave to at least 3 people	25 Write a thank you note to a teacher	26 Call or FaceTime a relative you haven't spoken to in a while
27 Make every bed in your house	28 Write a family member a nice note	29 Do a favor without expecting anything in return	30 Pick up trash around your neighborhood	31 Gather candy to donate to troops who are deployed	