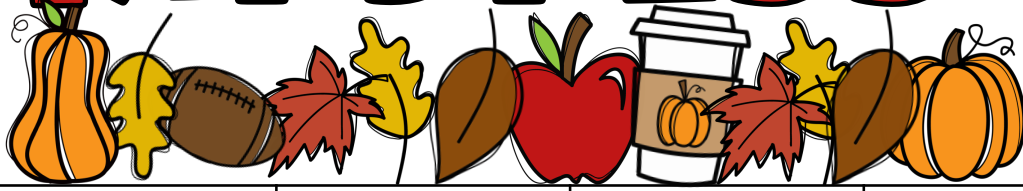


KINDNESS CALENDAR

September 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Positivity is contagious.

1
Write a family member a nice note

2
Make your bed and help serve breakfast

3
Help make dinner

4
Make someone laugh

5
Wash the dishes

6
Draw someone a funny picture

7
Do something helpful around the house

8
Help your family with the laundry

9
Give yourself a compliment

10
Write a thank you note to an active military member

11
Write a thank you note to a first responder

12
Think about what makes you special

13
Offer to help a relative that lives with you

14
Give out 5 compliments

15
Tell a family member 3 things you love about them

16
Help make lunch

17
Tell someone they are awesome

18
Smile at as many people as you can

19
Write a gratitude list with a family member

20
Tell a sibling or relative 3 things you like about them

21
Go on a walk with a trusted adult and wave to at least 3 people

22
Write a thank you note to a teacher

23
Call or FaceTime a relative you haven't spoken to in a while

24
Make every bed in your house

25
Do a favor without expecting anything in return

26
Pick up trash around your neighborhood

27
Read a story to a younger relative

28
Enjoy family time

29
Hold the door open for someone

30
Thank someone for being them