

31 Days of Kindness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Encourage others to share kindness, share this calendar	Give someone a compliment	Open a door for someone	Smile at a stranger	Do something special for your mom	Do a chore around the house	Call a family member and ask them how their day is going
Donate items around the house	Bake cookies for your neighbor	Ask your dad how you can help him	Help cook dinner	Set the table	Help with the laundry	Tell your grandparents how much you appreciate them
Play with your sibling, let them choose the activity	Give your teacher a flower	Volunteer in your community	Share your snack with a friend at school	Offer to take a neighbor's dog out for a walk	Go outside and feed the birds	Do something to be kind to yourself today
Take some supplies to a local animal shelter	Compliment the first person you see today	Smile at every person you see today	Open every door for the person behind you today	Do a favor for an elder today	Donate canned food to your local food bank	Forgive someone you've had issues with in the past
Write down all the positive qualities about yourself	Thank someone in your life you may have taken for granted	Take a break from all digital devices today, think of kind acts you can do in the future instead				