

December 2018

Every Day Kindness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
						Write down or draw one thing/experience you are grateful for and post it on the bathroom mirror
2	3	4	5	6	7	8
Help clean up around the house – ask, “What can I do to help today?”	Smile at everyone you pass in the hallway at school or work, or wherever you are today.	Say “Thank You!” to a custodian at school or work.	Pick up litter as you walk to school or work, or through the hallways	Compliment the person who is next to you in class, on the train, at work, in line.	High five a classmate, a friend, a co-worker, or someone who looks like they need it.	Leave a kind note of in a neighbor’s mailbox, on a co-worker’s desk or in a public space (e.g., <i>You are amazing!</i>)
9	10	11	12	13	14	15
Call or text a relative and say, “I was thinking about you. How are you?”	Take the time to really listen today.	Lend a helping hand to someone (e.g., holding the door, carrying bags)	Let the person behind you in line go before you.	Help a friend or sibling with homework, or a co-worker with a task.	Introduce yourself to someone sitting alone at lunch or recess, or to someone who you see a lot but do not know.	Tell a friend one thing that you admire about him/her.
16	17	18	19	20	21	22
Send a thank you email to someone who has helped you at some point in your life.	Silently send kind wishes to people as you pass by them (e.g., <i>May you be happy. May you feel joyful.</i>)	Look at yourself in the mirror, smile, and say something nice to yourself.	Take a moment and think of one thing that makes you special.	Do something nice without expecting to be noticed or to receive anything in return.	Bring in a neighbor’s garbage or recycling cans from the street.	Record a video message for faraway friends or family
23	24	25	26	27	28	29
Choose your own act of kindness today and share it with someone.	Take a moment to think of one person who you are happy to have in your life right now.	Choose an object (food, clothing, toy). Think of all the people who were involved in making this object. Quietly thank them.	Take 5 minutes to go outside and connect with nature.	Leave a thank you note in or on your mailbox for the postal or delivery person.	Give someone a hug.	Choose your own act of kindness today and share it with someone.
30	31	1	2	3	4	5
Make your own kindness calendar for January	Wish everyone you see a Happy New Year!					