A SMALL MOMENT CAN MAKE A BIG DIFFERENCE



# The Kindness Calendar

30 simple ways to practice care together

PRINT AT HOME / USE AT YOUR OWN PACE

# A month of kind moments

Choose one idea each day. Any order works.

- [ ] 01 Tell someone what you appreciate about them.
- [ ] 02 Make a thank-you note.
- [ ] 03 Invite someone to join your game.
- [ ] 04 Help tidy a shared space.
- [ ] 05 Ask a friend how their day is going.
- [ ] 06 Share a favorite story.
- [ ] 07 Hold a door open for someone.
- [ ] 08 Draw a picture for a neighbor.
- [ ] 09 Listen without interrupting.
- [ ] 10 Name one good thing about yourself.
- [ ] 11 Offer help with a small task.
- [ ] 12 Say hello to someone new.
- [ ] 13 Take care of a plant or outdoor space.
- [ ] 14 Give a genuine compliment.
- [ ] 15 Let someone else choose the activity.

# A month of kind moments

Choose one idea each day. Any order works.

- [ ] 16 Make a kind bookmark.
- [ ] 17 Thank a person who helps your community.
- [ ] 18 Include someone in a conversation.
- [ ] 19 Ask how you can be helpful today.
- [ ] 20 Share something you have learned.
- [ ] 21 Write down a happy memory together.
- [ ] 22 Cheer for someone trying something hard.
- [ ] 23 Put a thoughtful note in a lunch bag.
- [ ] 24 Help prepare a snack.
- [ ] 25 Take turns telling a story.
- [ ] 26 Notice something beautiful outside.
- [ ] 27 Say sorry when you need to.
- [ ] 28 Make time for a quiet check-in.
- [ ] 29 Celebrate someone else's progress.
- [ ] 30 Choose your own act of kindness.