

# Kindness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ask a parent about his/her day 	Do something eco-friendly 	Spend extra time with a family member 	Say hello to everyone you see 	Do something nice for a teacher 	Clean up the lunch table 	Help with the laundry 
Do one extra chore at home 	Hold the door for someone 	Eat lunch with someone new 	Dress patriotically 	Show gratitude to a sibling or friend 	Compliment three peers 	Tell a parent you love them 
Clean your room 	Say please & thank you to everyone 	Compliment a principal or teacher 	Help someone 	Tell two friends what you like about them 	Participate in a dress up day 	Hug at least one family member 
Perform an act of kindness for someone you don't know 	Let someone go ahead of you in line 	Give someone a surprise 	Smile at everyone 	Send a friend a positive text message 	Compliment a teacher 	Write & deliver a thank you note to someone 
Set the table or clean up after dinner 	Tell someone why you are thankful for him/her 			Name: <input type="text"/>		