



Acts of Kindness Calendar

MONTH



1 Smile at a stranger.	2 Hold the door open for someone.	3 Give someone a sincere compliment.	4 Help an elderly person carry groceries.	5 Donate to a local charity or food bank.	6 Send a handwritten thank-you note.	7 Offer to babysit for a friend or neighbor.
8 Volunteer at a local shelter or community organization.	9 Pay for the coffee or meal of the person behind you in line.	10 Listen attentively when someone needs to talk.	11 Offer your seat on public transportation to someone in need.	12 Offer to walk a neighbor's dog.	13 Send a care package to a soldier overseas.	14 Plant a tree or flowers in a public space.
15 Leave a positive review for a small business.	16 Donate blood to a local blood bank.	17 Write an uplifting message on a sidewalk with chalk.	18 Offer to tutor someone for free.	19 Cook a meal for a friend who's going through a tough time.	20 Participate in a charity run or walk.	21 Shovel snow or rake leaves for a neighbor.
22 Send a surprise gift to a loved one.	23 Offer to help a colleague with their workload.	24 Pick up litter in your community.	25 Foster or adopt a pet from a shelter.	26 Donate old clothes or household items to those in need.	27 Offer to mow a neighbor's lawn.	28 Leave a generous tip for a delivery person.
29 Leave a generous tip for a server.	30 Visit a nursing home and spend time with residents.	31 Organize a neighborhood clean-up day.				