

May 2025

Kindness Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				Try to view things from another perspective.	Publicly praise someone for their great effort.	Take a child to get a free comic book
4	5	6	7	8	9	10
Turn your technology off for a day of unplugged peace.	Make a list of three things you are grateful for.	Bring treats to a nurses' station at a local hospital	Put your phone away while in the company of others	Leave change in a vending machine	Leave a generous tip for a waiter or waitress	Feed the birds
11	12	13	14	15	16	17
Tell someone you are grateful for them. Mother's Day	Create a piece of art and give it to someone.	Do not gossip or talk badly about others.	Enjoy your favorite activity and try something new.	Offer to run an errand for someone else	Treat others the way you want to be treated.	Plant a tree or wildflowers in your yard
18	19	20	21	22	23	24
Share your favorite joke with a friend.	Acknowledge someone with a warm greeting or smile.	Bring bottled water to outdoor workers	Take responsibility for your mistakes.	Start a conversation with someone new.	Compliment the small things about someone you love.	Call or visit a relative you don't see often
25	26	27	28	29	30	31
Take a picture of something beautiful outdoors and share it.	Attend a local parade & you're your support for our military & their families Memorial Day	Blast some music and dance	Thank someone for doing the work they do.	Believe that you are worth all of the love you are shown.	Help others see the positive all day	Treat your skin well! Start with sunscreen.