



# November 2024

# Kindness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Share this Calendar to inspire kindness in others  Diwali	2 Spend time with someone who might be lonely
3 Treat yourself to your favorite food	4 Call someone instead of messaging	5 Ask yourself, will this still matter in a year?	6 Help someone at the store	7 Pay for a child's school lunch	8 Offer to help someone with a difficult project	9 Be gentle with yourself, you're doing the best you can
10 Make others laugh with silly jokes and stories	11 Arrange to spend time with someone who makes you smile  Veteran's Day	12 Be extra courteous to others in traffic	13 Donate books to a "free little library" near you	14 Share positive posts on social media	15 Text someone to let them know you're thinking about them	16 Look at something you do regularly with fresh eyes
17 Volunteer your time in your community	18 Clean up a mess that wasn't yours.	19 Purchase local produce	20 Start, or add-to, a food bank donation box	21 Smile and say hello to someone as you're passing	22 Write a letter to an old friend	23 Surprise a friend with an unexpected little gift
24 Take yourself out on a date	25 Be extra patient & helpful with someone who is a beginner at something	26 Meet someone new	27 Thank someone for excellent customer service	28 Respect that different families do different things.  Thanksgiving	29 Take sweet treats into a local care home	30 Be generous with compliments