

# January Kindness Calendar 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Create a kindness journal or jar to capture wonderful moments throughout 2024 New Year's Day	2 Make sure everyone in a group conversation feels included	3 Donate hats, gloves, and/or scarves.	4 Look for the good in others and recognize their strengths	5 Learn something new and share it with others	6 Notice and appreciate the tiny details around you
7 Say hello to a neighbor and get to know them better	8 Say "good morning" to everyone you see	9 Let someone go ahead of you	10 Leave positive feedback on a survey at a store	11 Write thank you notes for Holiday gifts	12 Offer a helping hand to someone who is struggling	13 Try doing something outside of your comfort zone
14 Be extra kind in your communications today.	15 Get involved and sign up to join a community related cause Martin Luther King Jr. Day	16 Donate craft supplies to a school	17 Collect spare change and leave it in a donation box	18 Clean up for someone else	19 Make a list of 5 things for which you are grateful.	20 Plan something fun and invite others to join you.
21 Bring soup to a friend or neighbor	22 Deliver hand drawn cards to a nursing home or hospital	23 Make someone laugh	24 Compliment 3 people around you on something not related to physical appearance.	25 Ask other people about things they've enjoyed recently	26 Handwrite a note to someone that means a lot to you.	27 Go on a walk with someone
28 Unplug from technology today.	29 Encourage someone	30 Share your favorite fairytale with a child	31 Reconnect with an old friend	1	2	3

"Kindness is giving hope to those who think they are all alone in this world"