



FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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Do something helpful for a friend/family	Help your elder in daily chores	Tidy up your learning space after your class	Be thankful for the meal you eat	Assemble a tasty dish with your elder and surprise someone	Give money to a good cause/charity	Thank someone for doing their work
Compliment someone today	Say something positive to everyone you meet today	Feed the birds!	Send someone a virtual hug!	Write a thank you letter to someone	Hug your family member today	Share a treat with your neighbor
Make a card for your loved one	Share a meal	Share friendship bands with your friends	Compliment yourself!	Draw a picture for a friend	Make a cake/cookie with an elder for someone	Give a call to your friend
Make a gratitude list	Say thank you to your teacher	Help to hang clothes for drying	Recycle	Donate your old clothes and books	Open/hold the door for someone	Say sorry for your mistakes
Help to pick up things from the floor	Clean your cupboard	Say I Love You to your mother				

KINDNESS CALENDAR