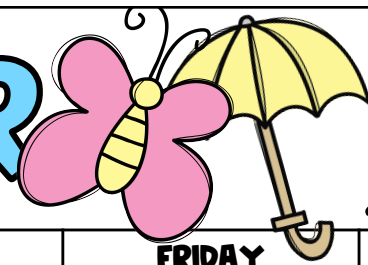


# KINDNESS CALENDAR



April  
2020

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Be the rainbow in someone's sky.

**5**  
Help make dinner

**6**  
Make someone laugh

**7**  
Wash the dishes

**1**  
Help to clean a room in your house

**2**  
Thank someone for being them

**3**  
Write a family member a nice note

**4**  
Make your bed and help serve breakfast

**12**  
Give yourself a compliment

**13**  
Tell someone they are awesome

**14**  
Think about what makes you special

**8**  
Draw someone a picture

**9**  
Write a thank you note to a teacher

**10**  
Help your parents with the laundry

**11**  
Write a thank you note to a health care worker

**19**  
Write a thank you note to a first responder

**20**  
Smile at as many people as you can

**21**  
Write a gratitude list

**15**  
Offer to help a relative that lives with you

**16**  
Give out 5 compliments

**17**  
Tell a family member three things you love about them

**18**  
Help make lunch

**26**  
Make every bed in your house

**27**  
Do a favor without expecting anything in return

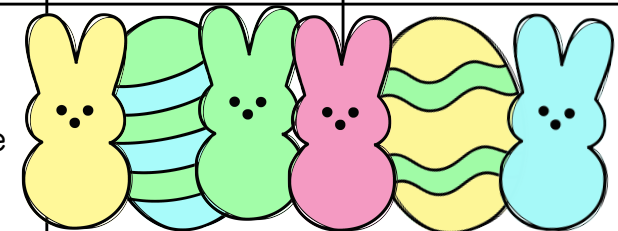
**28**  
Smile when you see someone

**22**  
Tell a sibling or relative three things you like about them

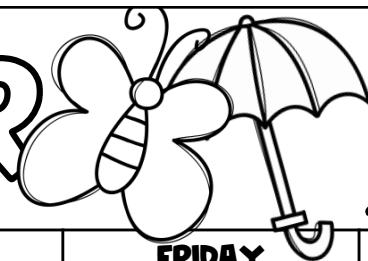
**23**  
Go on a walk with a trusted adult and wave to at least 3 people

**24**  
Do something helpful

**25**  
Call or FaceTime a relative you haven't spoken to in a while



# KINDNESS CALENDAR



# April 2020

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**



Be the rainbow in someone's sky.

**1**  
Help to clean a room in your house

**2**  
Thank someone for being them

**3**  
Write a family member a nice note

**4**  
Make your bed and help serve breakfast

**5**  
Help make dinner

**6**  
Make someone laugh

**7**  
Wash the dishes

**8**  
Draw someone a picture

**9**  
Write a thank you note to a teacher

**10**  
Help your parents with the laundry

**11**  
Write a thank you note to a health care worker

**12**  
Give yourself a compliment

**13**  
Tell someone they are awesome

**14**  
Think about what makes you special

**15**  
Offer to help a relative that lives with you

**16**  
Give out 5 compliments

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Tell a family member three things you love about them

**18**  
Help make lunch

**19**  
Write a thank you note to a first responder

**20**  
Smile at as many people as you can

**21**  
Write a gratitude list

**22**  
Tell a sibling or relative three things you like about them

**23**  
Go on a walk with a trusted adult and wave to at least 3 people

**24**  
Do something helpful

**25**  
Call or FaceTime a relative you haven't spoken to in a while

**26**  
Make every bed in your house

**27**  
Do a favor without expecting anything in return

**28**  
Smile when you see someone

**29**  
Enjoy family time

**30**  
Read to a younger relative

