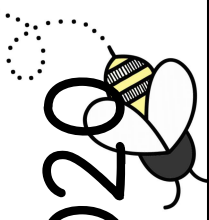


KINDNESS CALENDAR

May 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
You are somebody's reason to smile.						
3 Help make dinner	4 Make someone laugh	5 Wash the dishes	6 Draw someone a funny picture	7 Write a thank you note to a teacher	8 Help your parents with the laundry	9 Write a thank you note to a health care worker
10 Give yourself a compliment	11 Tell someone they are awesome	12 Think about what makes you special	13 Offer to help a relative that lives with you	14 Give out 5 compliments	15 Tell a family member 3 things you love about them	16 Help make lunch
17 Write a thank you note to a first responder	18 Smile at as many people as you can	19 Write a gratitude list with a family member	20 Tell a sibling or relative 3 things you like about them	21 Go on a walk with a trusted adult and wave to at least 3 people	22 Do something helpful around the house	23 Call or FaceTime a relative you haven't spoken to in a while
24 Make every bed in your house	25 Do a favor without expecting anything in return	26 Smile when you see someone	27 Enjoy family time	28 Read a story to a younger relative	29 Hold the door open for someone	30 Thank someone for being them
31 Help to clean a room in your house	