

Kindness Calendar

M

Call a friend or relative and make them laugh

Text a positive affirmation to someone

Take old blankets and towels to an animal shelter

Pay for the person behind you in the drive-thru

Buy a friend their favorite candy

TU

Give out sincere compliments

Create a care package for someone going through a tough time

Check in with a friend or relative to make sure they're doing OK

Support a local business

Bake a treat for someone else

W

Plan a neighborhood cleanup day

Write something kind on a sticky note and leave in a public place

Leave a positive comment on a social media post

Donate food to a food bank or pantry

Write positive messages in chalk on the sidewalk

TH

Offer to help a friend or family member with a task they've been putting off

Use less plastic

Donate to a charity

Make a simple birdfeeder and place in outside

Make plans to become CPR certified

F

Give a generous tip

Hold the door for someone

Send an email shout-out to a colleague

Leave a positive note in a library book

Create a care package for someone who is stressed out

S

Write a letter of thanks for someone

Call someone you miss

Donate clothing or used goods

Send a handwritten note to someone who's made a difference in your life

Make a blood donation

S

Send an anonymous bouquet to a nursing home

Forgive an old grudge

Slip a \$10 bill into a random box of diapers at the store.

Talk to the person sitting by themselves at a party

Learn how to save a life: www.rappahannockareacsb.org/trainings