



Acts of Kindness Calendar

<u>Loved Ones</u> SUNDAY	<u>Friends</u> MONDAY	<u>Workmates</u> TUESDAY	<u>Strangers</u> WEDNESDAY	<u>Community</u> THURSDAY	<u>Giving</u> FRIDAY	<u>Loved ones</u> SATURDAY
Help start/finish their day	Encourage an endeavor	Treat to lunch	Initiate conversation	Contribute to a community effort	Leave a coupon on a store shelf	Share a quiet moment when needed
Make breakfast	Support their goals	Well-being check	Smile at them	Volunteer in a mentorship program	Give/Donate a gift (B-day, holiday) you will not use (re-gift)	Participate in their hobby/interest
Do their laundry	Bring a treat (coffee, etc.)	Nominate them for an award	Holding door open for someone	Volunteer to work with the homeless	Lift someone's spirits	Encourage their hobby/interest
Wash their vehicle	Housesit/Petsit	Resources check what do they need?		Volunteer to work with seniors	Do yardwork or housework for someone less than able	Pleasantly surprise a family member
Give a neck rub	Offer to water plants while occupant is on travel	Walk someone to their vehicle at night, then ride together to yours	Compliment someone	Volunteer to work with underserved	Notice small successes	Make coffee
Run their bath water	Volunteer 	Give affirmations	Share someone's burden	Volunteer with a recovery organizatio	Acknowledge doing the right thing at the right time	Do their laundry