



Random Acts of Kindness Calendar

December 2020

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|------------------------------------|---|--|
| | | 1 Learn how to sign Thank You in ASL | 2 Stand up for someone | 3 Support a local business | 4 Donate to the Yolo Food Bank | 5 Give a compliment |
| 6 Practice empathy | 7 Let someone know you care | 8 Donate blood: aabb.org/home | 9 Draw or sew a smile on a mask | 10 Reach out to a family member | 11 Spend time playing with a pet | 12 Reach out at Love For Our Elders |
| 13 Draw positive messages in chalk | 14 Have a virtual lunch with a friend | 15 Write a letter of gratitude | 16 Donate to the Yolo County SPCA | 17 Make someone laugh | 18 Practice mindfulness | 19 Run errands for a neighbor |
| 20 Order a meal for someone in need | 21 Spend time in nature | 22 Give someone a chance to vent | 23 Do something nice for someone | 24 Share a book recommendation | 25 Leave happy faces in random places | 26 Listen to your favorite song |
| 27 Thank essential workers | 28 Support your favorite charity | 29 Do something that makes you smile | 30 Check in with your neighbors | 31 Believe in yourself! | | |

- Smile
- Care
- Listen
- Share

SPREAD KINDNESS THIS DECEMBER!

Small acts of kindness and generosity can have a big impact. Challenge yourself to “Be the One” for others by smiling, listening, caring, and sharing all month long. Try out these examples for creating safe connections during the pandemic, or make up your own. For more information on building caring and resilient communities, visit btocalifornia.org.



Suggested Resources for Kindness Month

EARLY LEARNERS

[Be Kind](#) by Pat Zietlow Miller. 2018. E MIL

[The Big Umbrella](#) by Amy June Bates. 2018. E BAT

[Each Kindness](#) by Jacqueline Woodson. 2012. E WOO

[Finding Kindness](#) by Deborah Underwood. 2019. E UND

[Horton Hears a Who!](#). DVD J HORTON

[I Walk with Vanessa](#) by Kerascoët. 2018. E KER

[If You Plant a Seed](#) by Kadir Nelson. 2015. E NEL

[Last Stop on Market Street](#) by Matt de la Peña. 2015. E DEL

[Pete the Cat's Groovy Guide to Kindness](#) by Kim Dean. 2020. E DEA

[The Starkeeper](#) by Faith Pray. 2020. E PRA

[Superbuns!: Kindness is Her Superpower](#) by Diane Kredensor. 2019. E KRE

[Thank You, Omu!](#) by Oge Mora. 2018. E MOR

[When We Are Kind](#) by Monique Gray Smith. 2020. E GRA

[Zootopia](#). DVD J ZOOTOPIA

CHILDREN

[The BFG](#). DVD J BFG

[Charlotte's Web](#) by E. B. White. 1952. J WHITE

[Counting by 7s](#) by Holly Goldberg Sloan. 2013. J SLOAN

[El Deafo](#) by Cece Bell. 2014. JB BELL

[Fish in a Tree](#) by Lynda Mullaly Hunt. 2015. J HUNT

[Front Desk](#) by Kelly Yang. 2018. J YANG

[Ghost](#) by Jason Reynolds. 2016. J REYNOLDS

[Hello, Universe](#) by Erin Entrada Kelly. 2017. J KELLY

[The Hundred Dresses](#) by Eleanor Estes. 1944. J ESTES

[Number the Stars](#) by Lois Lowry. 1989. J LOWRY

[Save Me a Seat](#) by Sarah Weeks and Gita Varadarajan. 2016. J WEEKS

[Wishtree](#) by Katherine Applegate. 2017. J APPLGATE

[Wonder](#) by R. J. Palacio. 2012. J PALACIO

[Up](#). DVD J UP

TEENS

[Dancing in Jaffa](#). DVD 793.33 DAN

[Far from the Tree](#) by Robin Benway. 2017. YA BENWAY

[Finding Audrey](#) by Sophie Kinsella. 2015. YA KINSELLA

[Freak the Mighty](#) by W. R. Philbrick. 2013. YA PHILBRICK

[Freedom Writers](#). DVD FIC FREEDOM

[How to Save a Life](#) by Sara Zarr. 2011. YA ZARR

[I am the Messenger](#) by Markus Zusak. 2005. YA ZUSAK

[Just Mercy: Adapted for Young Adults: A True Story of the Fight for Justice](#) by Bryan Stevenson. 2018. YA 353.48092 STE

[A Long Walk to Water](#) by Linda Sue Park. 2010. YA PARK

[Speak](#) by Laurie Halse Anderson. 1999. YA ANDERSON

[Stargirl](#) by Jerry Spinelli. 2000. YA SPINELLI

[Together at Midnight](#) by Jennifer Castle. 2018. YA CASTLE

ADULTS

[The Age of Empathy: Nature's Lessons for a Kinder Society](#) by Fran de Waal. 2009. 156.241 WAA

[Amélie](#). DVD FR FIC AMELIE

[The Book of Joy: Lasting Happiness in a Changing World](#) by His Holiness the Dalai Lama and Archbishop Desmond Tutu. 2016. 294.3444 BST

[Books for Living](#) by Will Schwalbe. 2017. 028.9 SCH

[How to be a Good Creature: A Memoir in Thirteen Animals](#) by Sy Montgomery. 2018. 590 MON

[How to Raise Kind Kids](#) by Thomas Lickona. 2018. 649.7 LIC

[The Kindness Cure: How the Science of Compassion Can Heal Your Heart and Your World](#) by Tara Cousineau. 2018. 177.7 COU

[Letter to My Daughter](#) by Maya Angelou. 2008. B ANGELOU

[Radical Kindness: The Life-Changing Power of Giving and Receiving](#) by Angela C. Santomero. 2019. 177.7 SAN

[Won't You Be My Neighbor?](#) DVD B ROGERS