

# Random Acts of Kindness Calendar

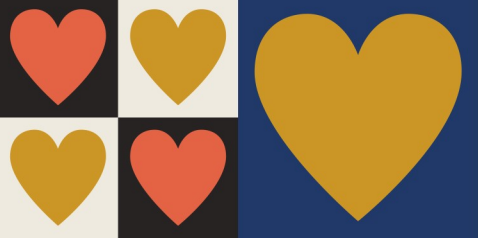
## DECEMBER 2022

| SUNDAY                              | MONDAY                                               | TUESDAY                                                  | WEDNESDAY                                             | THURSDAY                                  | FRIDAY                              | SATURDAY                                    |
|-------------------------------------|------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|-------------------------------------------|-------------------------------------|---------------------------------------------|
|                                     |                                                      | <div> <div></div> Yourself <div></div> Individual </div> | <div> <div></div> Planet <div></div> Community </div> | 1<br>Read a book                          | 2<br>Stop using single-use plastics | 3<br>Listen so the other person feels heard |
| 4<br>Donate gently used belongings  | 5<br>Do something that makes you happy               | 6<br>Recycle properly                                    | 7<br>Offer to help someone in need                    | 8<br>Volunteer your time for a good cause | 9<br>Spend time in nature           | 10<br>Walk, bike, or take public transport  |
| 11<br>Give a compliment             | 12<br>Donate to the <a href="#">Yolo County SPCA</a> | 13<br>Have a spa day                                     | 14<br>Turn off sink while brushing teeth              | 15<br>Thank someone                       | 16<br>Support a local business      | 17<br>Color, draw, or do a jigsaw puzzle    |
| 18<br>Plant something               | 19<br>Do something nice for a delivery driver        | 20<br>Write positive messages in chalk                   | 21<br>Treat yourself                                  | 22<br>Turn off the lights when not needed | 23<br>Make someone laugh            | 24<br>Support your favorite charity         |
| 25<br>Listen to your favorite music | 26<br>Make it a meatless Monday                      | 27<br>Share something                                    | 28<br>Write positive messages in chalk                | 29<br>Cuddle with a pet                   | 30<br>Pick up trash                 | 31<br>Send a card in the mail just because  |

**SPREAD KINDNESS THIS DECEMBER!**

Small acts of kindness and generosity can have a big impact. Challenge yourself to commit at least one act of kindness a day for an individual, your community, the planet, and yourself! Self-care helps fill your cup so you can take care of others. Use the examples on the calendar or make up your own.

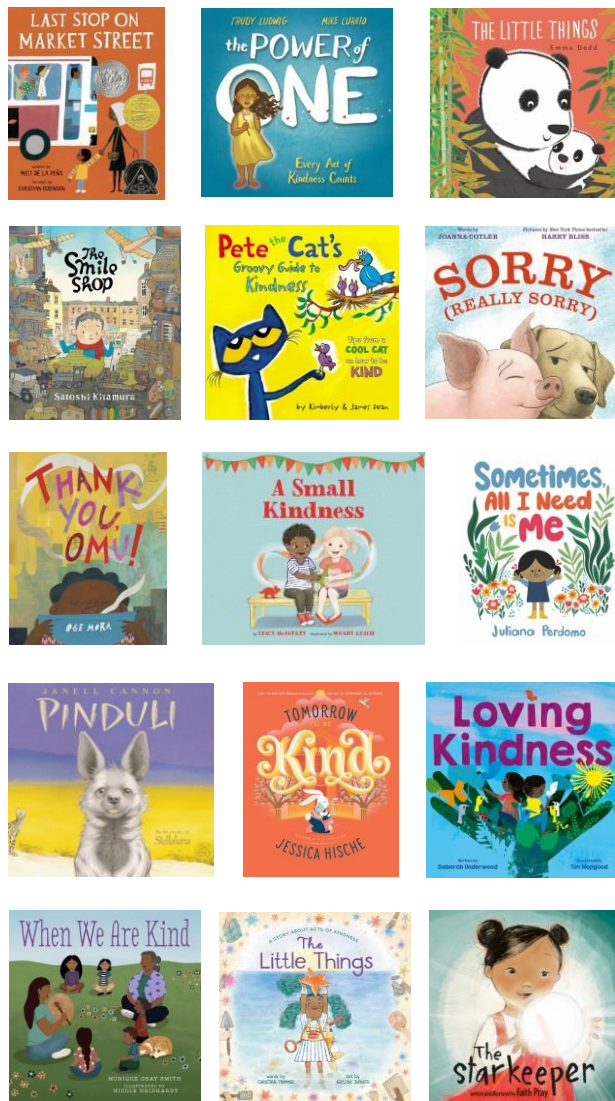




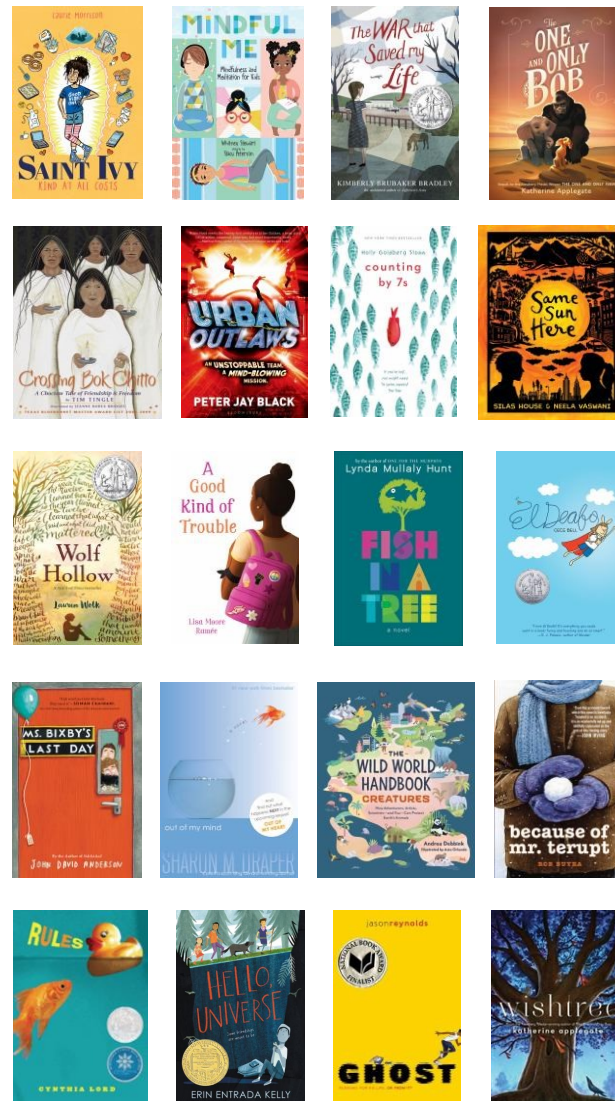
# Suggested Resources for Kindness Month



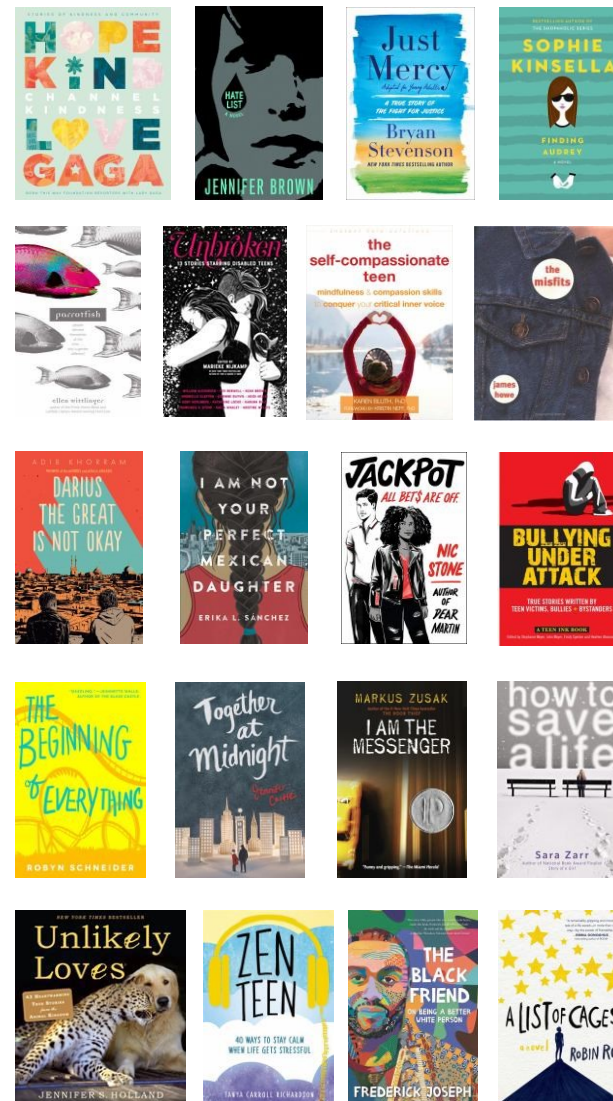
## EARLY LEARNERS



## CHILDREN



## TEENS



## ADULTS

