

# Random Acts of Kindness Calendar

DECEMBER 2023

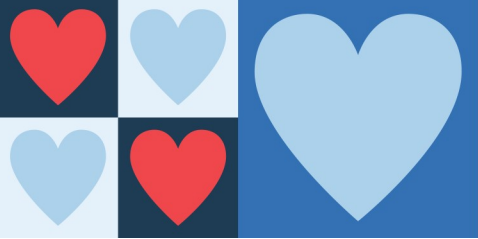
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pick up trash	2 Read a book to a child
3 Bring hot cocoa to a neighbor	4 Make a list of things you love	5 Recycle properly	6 Call someone and tell them you love them	7 Bake cookies for firefighters or police	8 Spend time in nature	9 Walk, bike, or take public transport
10 Give a compliment	11 Shop at your local farmer's market	12 Treat yourself to your favorite food	13 Plant a packet of flower seeds	14 Thank someone	15 Donate to a food bank	16 Talk to an old friend
17 Plant something	18 Hug Someone	19 Donate a new toy	20 Compliment yourself	21 Remove debris from the gutters	22 Support a small business	23 Donate to an animal shelter
24 Spa day	25 Turn off lights + unplug devices	26 Help someone who is carrying a heavy load	27 Leave a kind note in a book	28 Cuddle with a pet	29 Turn off sink while brushing teeth	30 Send a card in the mail just because
31 Volunteer						

**SPREAD KINDNESS THIS DECEMBER!**

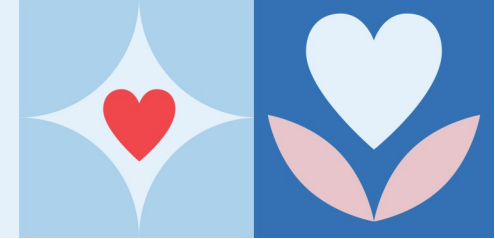
Small acts of kindness and generosity can have a big impact. Challenge yourself to commit at least one act of kindness a day for an individual, your community, the planet, and yourself! Self-care helps fill your cup so you can take care of others. Use the examples on the calendar or make up your own.







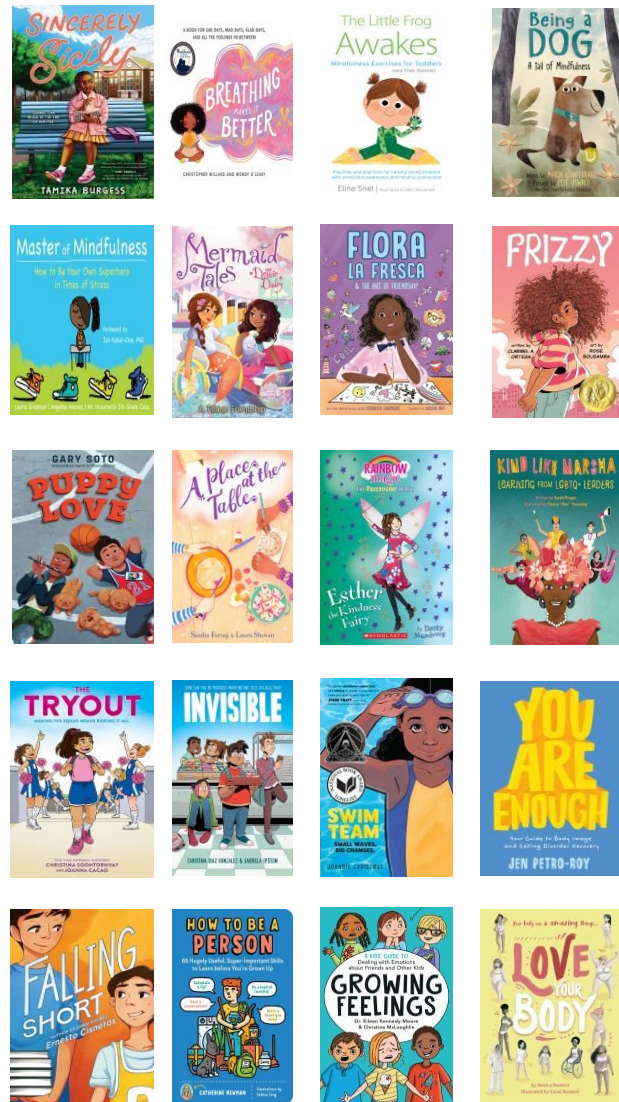
# Suggested Resources for Kindness Month



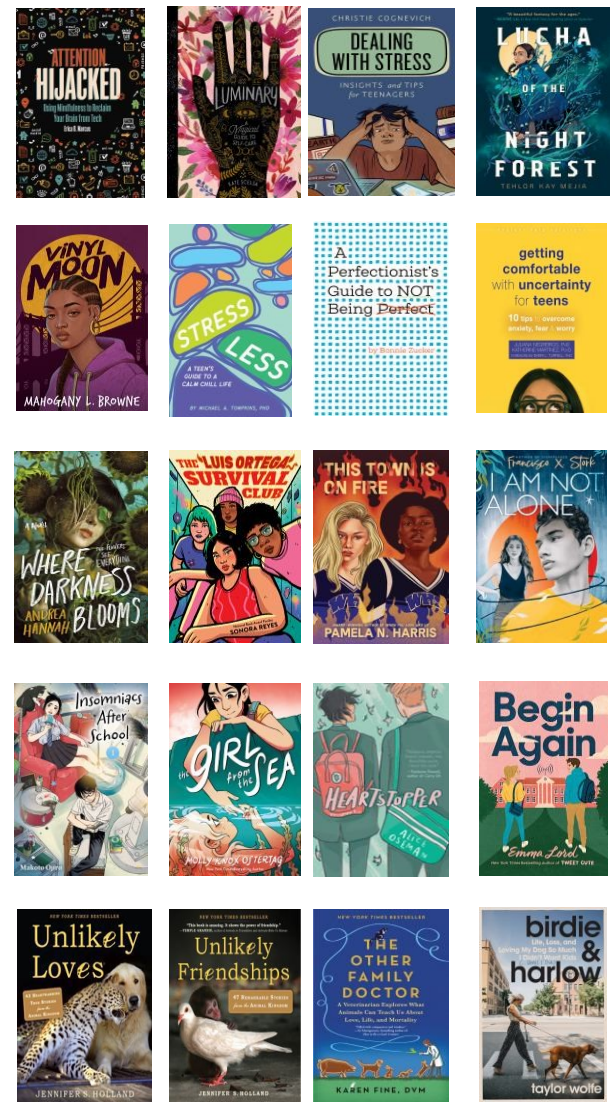
## EARLY LEARNERS



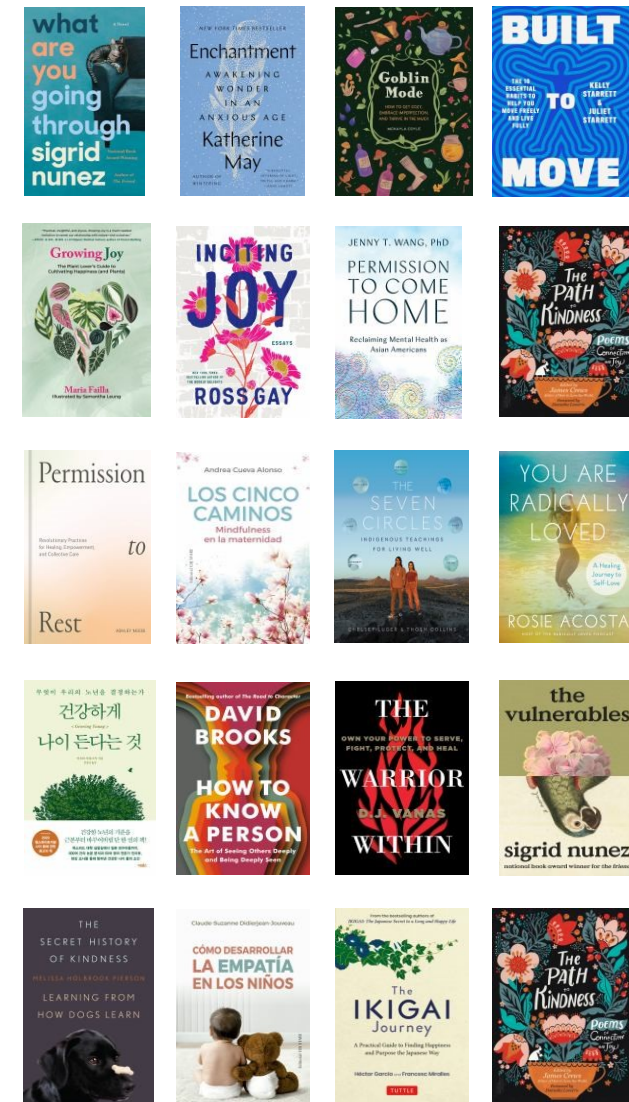
## CHILDREN



## TEENS



## ADULTS



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