

Kindness Calendar

December 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Create a kindness tree. Ask family and friends to decorate it with notes of kind acts.	2 Contribute to a local toy drive.	3 Tell someone you appreciate them.	4 Let someone else take an available parking spot.
5 Write a kind letter or send a postcard to someone.	6 Bring donations to your local food bank.	7 Say thank you to your office cleaning crew.	8 Be kind to the environment. Turn off lights, heaters and fans when not in use.	9 Write a thank you note to your mail carrier or waste collector.	10 Do something you love and share that joy with others.	11 Shovel a neighbour's driveway.
12 Leave a note of appreciation at a home with great holiday lights or display.	13 Start a chain of kindness and pay for the next person's order at a drive-thru.	14 Tell someone why they are special to you.	15 Let someone else get seated before you at a busy restaurant.	16 Spend time with loved ones. Focus on the personal, not the material.	17 Buy a few extra items at the grocery store and donate them.	11 Offer to help a loved one with their holiday to-do list.
19 Set intentions for 2022. What acts of kindness do you hope to accomplish?	20	21	22	23	24	25
26	27	28	29	30	31	



be kind 


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