

Kindness Calendar

November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Give out sincere compliments today.	1 Leave a positive message in our community for someone else to find.	2 Keep an attitude of gratitude! Write down three things you're grateful for today.	3 Contact a local animal shelter and ask them what they're in need of.	4 Make and display a kindness sign in your front window.	5 Donate to a cause that is important to you.	6 While visiting one of Orillia's beautiful parks, pick up some litter and put it in the garbage.
7 Give out sincere compliments today.	8 Start a gratitude journal.	9 Replace a negative thought with a positive one.	10 Go for a walk around your neighbourhood and say hello to people you pass.	11 Thank a Veteran today.	12 Praise someone for something small that would normally go overlooked.	13 National Kindness Day
14 Know any jokes? Try to make someone laugh today.	15 Have dinner delivered to a loved one.	16 Send flowers to someone for no reason.	17 Gather gently used items and donate them.	18 Make a music playlist for someone.	19 Send dessert anonymously to another table in a restaurant.	20 Out holiday shopping today? Let someone go ahead of you in line.
21 Volunteer for a local community organization.	22 Offer a tip at the drive-thru.	23 Give an extra tip and write an encouraging note along with it.	24 Text a picture of a cute animal to a friend to make them smile.	25 Bake a homemade treat for someone.	26 Shop local! Support local businesses during holiday shopping.	27 Leave a positive comment on social media.
28 Thank a cashier when checking out.	29 Leave a friendly sticky note in a library book.	30 Go around the dinner table and say what you are grateful for today.	1	2 	3	

be kind 

 ORILLIA