

# Kindness Calendar

October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Share this kindness calendar with others to help spread kindness.	19 <b>Rake someone's leaves for them.</b>	20 Keep in touch with old friends. Call or message them to catch up.	21 Post something positive on social media.	22 Pay for a stranger's coffee while visiting one of Orillia amazing shops.	23 <b>While shopping local, hold the door for someone.</b>
24 <b>Call or visit a loved one.</b>	25 Paint some rocks with positive messages and place throughout your neighbourhood.	26 Get involved! Sign up for a City committee, community group or activity.	27 Thank a front-line worker in your community.	28 <b>Smile at everyone you meet today.</b>	29 Leave a letter of encouragement on someone's windshield.	30 Write a great online review for a restaurant you love.
31 Hand out treats for children trick-or-treating - bonus points if you wear a costume.	1	2	3 	4	5	

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# 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 <b>Start a gratitude journal.</b>	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 <b>National Kindness Day</b>
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 <b>Gather gently used items and donate them.</b>	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 <b>Offer a tip at the drive-thru.</b>	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	

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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 <b>Contribute to a local toy drive.</b>	3 Tell someone you appreciate them.	4 Let someone else take an available parking spot.
5 <b>Write a kind letter or send a postcard to someone.</b>	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 <b>Shovel a neighbour's driveway.</b>
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 <b>Tell someone why they are special to you.</b>	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	

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