JANUARY ACTS OF KINDNESS CALENDAR

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January Acts Of Kindness Calendar

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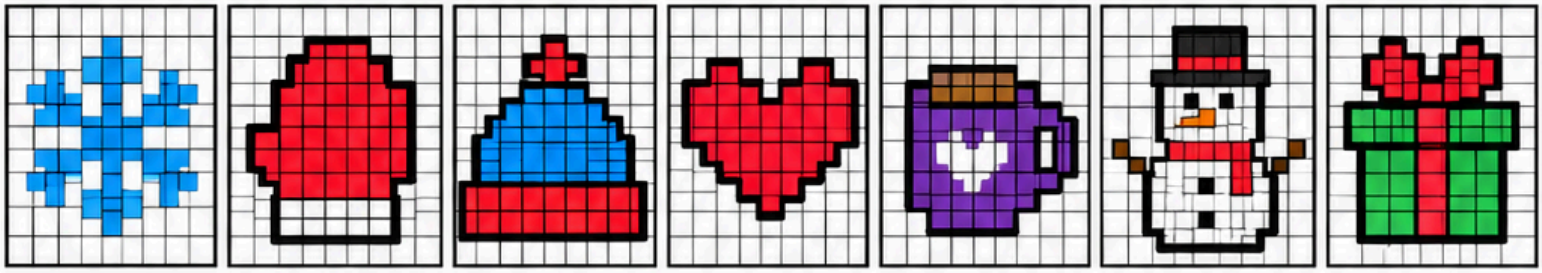
I hope you and your children enjoy these january acts of kindness calendar

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JANUARY KINDNESS CHALLENGE

Choose a kind action and try your best!

1. Write a kind note to someone. 	2. Help someone put away their winter clothing. 	3. Share a favourite book with someone. 	4. Thank a teacher for all they do. 	5. Give a sincere compliment to a friend. 
6. Help with a household chore. 	7. Check how someone is feeling today. 	8. Let someone go before you in line. 	9. Include someone who feels left out. 	10. Give a helpful hand without being asked. 
11. Pick up litter and help keep your space clean. 	12. Say "please" and "thank you" often today. 	13. Do something kind for a family member. 	14. Send a kind message to someone far away. 	15. Be patient and use kind words all day. 



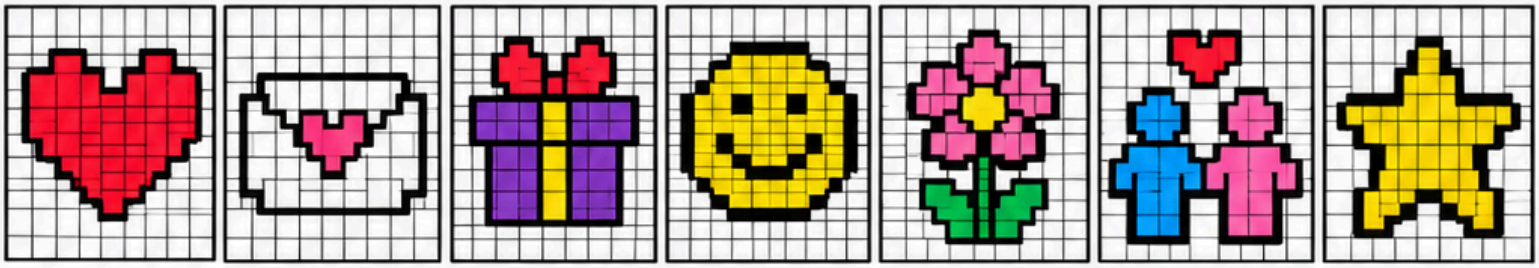
16. Hold the door open for someone. 	17. Make someone smile today. 	18. Offer to help a classmate with their work. 	19. Leave a kind note for a family member at home. 	20. Give a nice comment about someone's effort. 
21. Share your toys or supplies with someone. 	22. Ask someone if they need help today. 	23. Do a small kind act for someone at home. 	24. Tell someone what you appreciate about them. 	25. End the day by thinking of one kind thing you did today. 

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FEBRUARY KINDNESS CHALLENGE

Spread kindness through little things.

1. Give a sincere compliment to someone. 	2. Share a game with someone. 	3. Make a handmade card for someone. 	4. Thank someone who helps you (teacher, bus driver, helper, etc.). 	5. Invite someone to join your activity. 
6. Help a classmate who is having a hard time. 	7. Write a message of appreciation to someone. 	8. Share your snack with someone. 	9. Do something kind for a family member. 	10. Let someone go before you in line. 
11. Include someone who feels left out. 	12. Say “thank you” to someone today. 	13. Help keep your classroom or home clean. 	14. Make someone smile today. 	15. Tell someone why you appreciate them. 



16. Give a kind note to a friend. 	17. Help someone with their work. 	18. Do a kind deed without expecting anything back. 	19. Be patient and use kind words all day. 	20. Check on someone and ask how they are feeling. 
21. Share something you enjoy with someone. 	22. Offer to help at home. 	23. Hold tthe door open for someone. 	24. Give a hug or a kind word to make someone’s day better. 	25. End the day by thinking of one kind thing you did today. 

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MARCH KINDNESS CHALLENGE

Help others and let kindness grow.

1. Help water a plant.



2. Share gardening supplies with someone (with adult supervision).



3. Pick up litter safely (with adult guidance).



4. Encourage someone who is learning something new.



5. Help organize books or toys.



6. Thank a neighbour for being kind.



7. Make a cheerful drawing for someone.



8. Share a snack with someone.



9. Help set the table for a meal.



10. Say something kind to a family member.



11. Spend time with someone who feels lonely.



12. Help make your space cleaner and tidier.



13. Offer help to someone who looks busy.

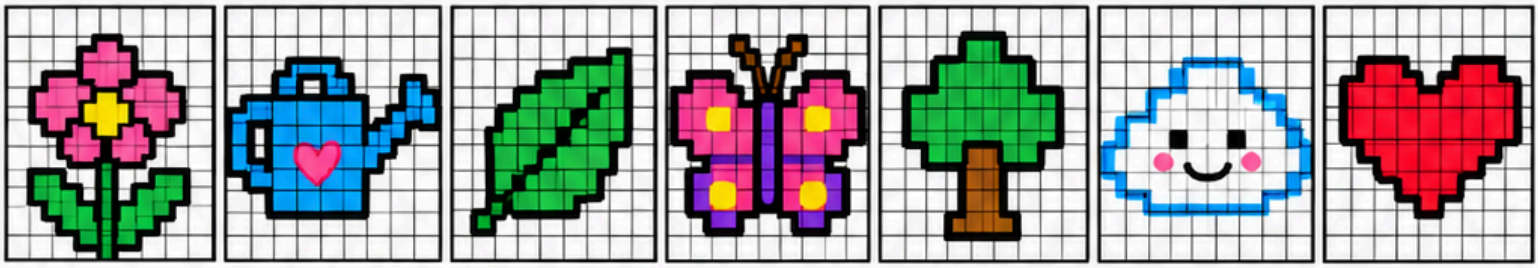


14. Let someone go ahead of you.



15. Tell someone what you appreciate about them.





16. Give a compliment to a friend.



17. Share something with someone in need.



18. Read a book with someone.



19. Help a younger child with a task.



20. Listen carefully when someone is talking.



21. Do something kind for an animal or pet.



22. Help someone carry something (with adult supervision).



23. Write a kind note for someone.



24. Share a smile with as many people as you can today.



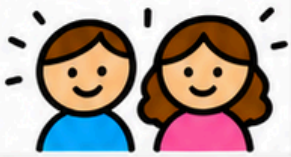
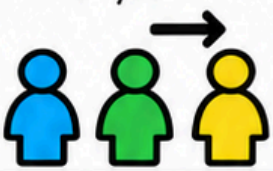
25. End the day by thinking of one kind thing you did today.

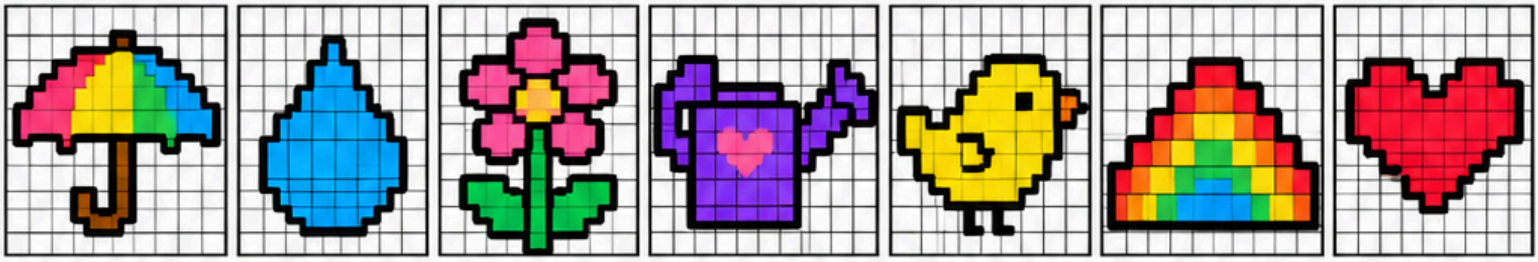


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APRIL KINDNESS CHALLENGE

Make someone's day a little brighter.

1. Help tidy a shared space. 	2. Thank someone for their hard work. 	3. Share your art supplies with someone. 	4. Offer to help with a suitable task. 	5. Listen carefully to a friend. 
6. Draw a cheerful picture for someone. 	7. Care for a plant (water or check on it). 	8. Share a book with someone. 	9. Invite someone to join your activity or game. 	10. Say something kind to make someone feel included. 
11. Help a classmate who needs support. 	12. Pick up litter safely (with adult guidance). 	13. Give a sincere compliment to someone. 	14. Let someone go ahead of you. 	15. Send a kind message or note to someone. 

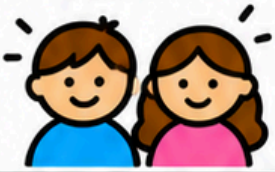
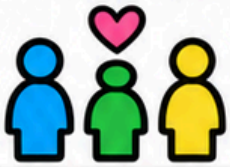
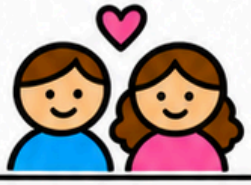


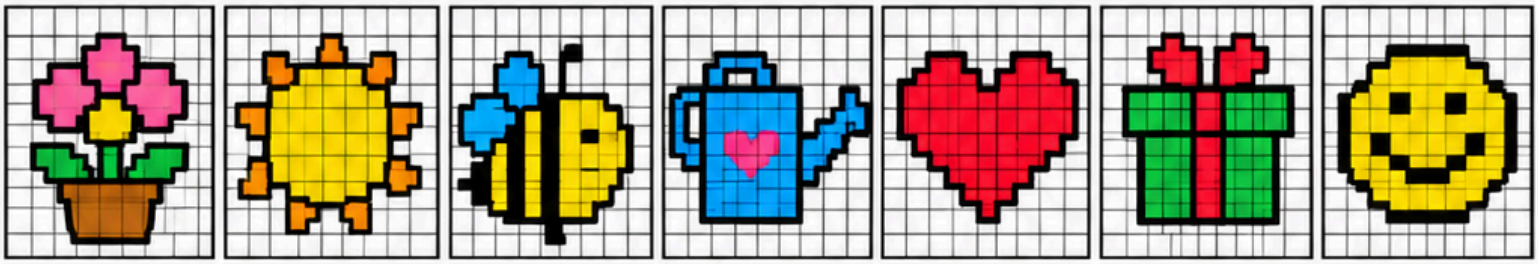
16. Help set the table for a meal. 	17. Say "please" and "thank you" often today. 	18. Spend time with someone who feels lonely. 	19. Do a kind deed without expecting anything back. 	20. Encourage someone who is trying something new. 
21. Help keep your classroom or home clean. 	22. Share a snack with someone. 	23. Tell someone why you appreciate them. 	24. Give a kind word to brighten someone's day. 	25. End the day by thinking of one kind thing you did today. 

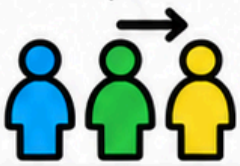
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MAY KINDNESS CHALLENGE

Small acts of kindness make a big difference.

1. Help prepare a family meal (with adult supervision). 	2. Share a toy with someone. 	3. Give a sincere compliment about someone's effort. 	4. Thank a caregiver for all they do. 	5. Offer to organize supplies at home or in class. 
6. Help a friend practise a skill. 	7. Write a note of appreciation to someone. 	8. Include someone who feels left out. 	9. Help take care of a pet (with an adult). 	10. Say "please" and "thank you" often today. 
11. Help keep your room or play area tidy. 	12. Spend time with someone who feels lonely. 	13. Do a kind deed without expecting anything back. 	14. Tell someone why you appreciate them. 	15. Share a snack with someone. 



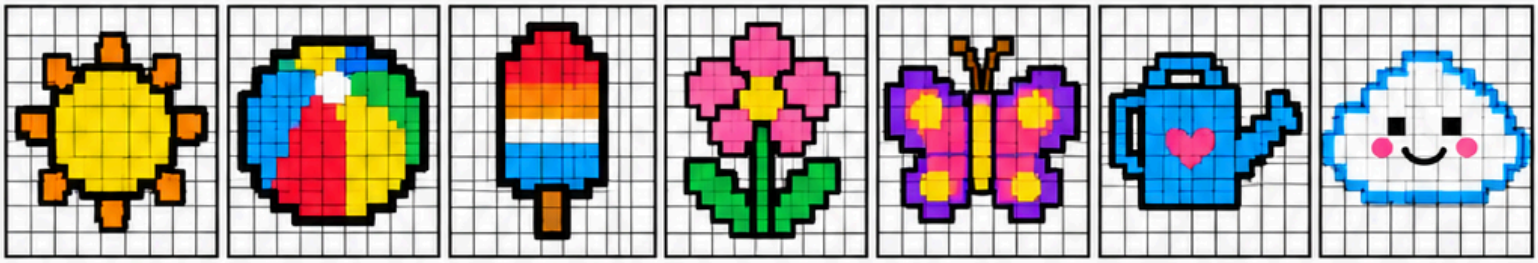
16. Read a book with someone or share a favourite book. 	17. Help set the table for a meal. 	18. Draw a cheerful picture for someone. 	19. Give a kind word to make someone feel happy. 	20. Let someone go ahead of you. 
21. Help water a plant. 	22. Encourage someone who is having a hard time. 	23. Share your time with someone. 	24. Help pick up litter safely (with an adult). 	25. End the day by thinking of one kind thing you did today. 

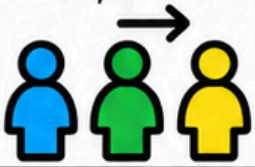
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JUNE KINDNESS CHALLENGE

Make kindness part of every day.

1. Share outdoor play equipment with someone. 	2. Help tidy toys after playtime. 	3. Offer a refreshing drink to someone (with adult supervision). 	4. Thank someone for helping you. 	5. Include another child in a game or activity. 
6. Help water plants (at home or school). 	7. Share a favourite story with someone. 	8. Give a sincere compliment to someone. 	9. Help set up for an outdoor activity or event. 	10. Say something kind to make someone smile. 
11. Help look after a younger child. 	12. Pick up litter safely (with an adult). 	13. Write a kind note for someone. 	14. Share your snack with someone. 	15. Spend time with someone who feels lonely. 



16. Read a book with someone. 	17. Do a kind deed without expecting anything back. 	18. Help prepare a meal or snack (with an adult). 	19. Tell someone what you appreciate about them. 	20. Help keep your room or play area clean. 
21. Share something you enjoy doing with someone. 	22. Let someone go ahead of you. 	23. Encourage someone who is trying something new. 	24. Give a kind word to make someone's day brighter. 	25. End the day by thinking of one kind thing you did today. 

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JULY KINDNESS CHALLENGE

Choose kindness wherever you go.

1. Invite someone to join an outdoor game or activity.



2. Help a family member organize their belongings (toys, books, or clothes).



3. Share your art supplies with someone.



4. Thank someone who keeps a place clean (home, school, or community).



5. Give a compliment about a friend's creativity.



6. Help care for a pet (with an adult).



7. Offer to read with someone.



8. Share a snack with someone.



9. Encourage someone who is trying something new.



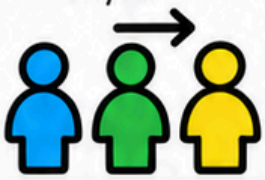
10. Say something kind to make someone smile today.



11. Help set the table for a meal.



12. Let someone go ahead of you.



13. Do a kind deed without expecting anything back.

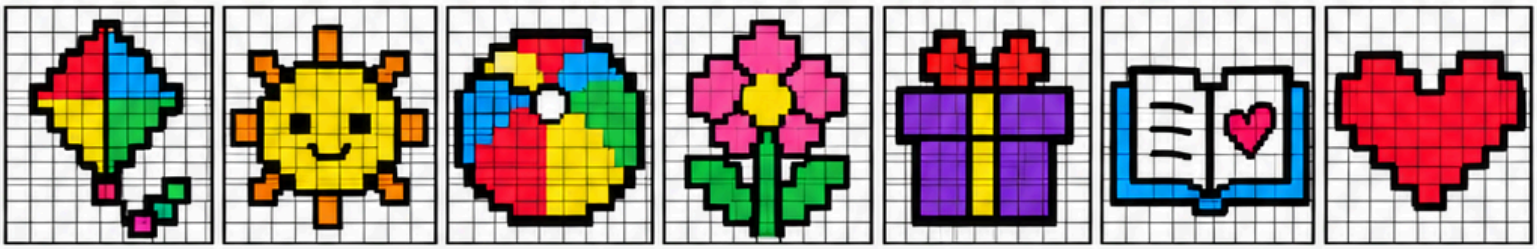


14. Ask someone how they are feeling and really listen.



15. Share something you enjoy with someone.





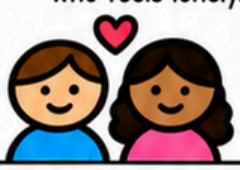
16. Give a kind note to someone.



17. Help keep your room or play area tidy.



18. Spend time with someone who feels lonely.



19. Write or draw something cheerful for someone.



20. Include someone who feels left out.



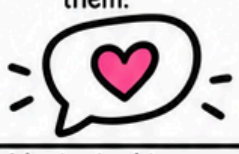
21. Offer to help with a household task (with an adult).



22. Share a favourite book with someone.



23. Tell someone why you appreciate them.



24. Give a kind word to make someone's day brighter.



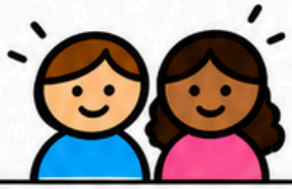
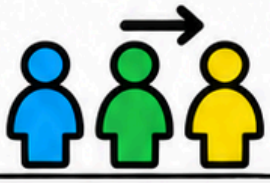
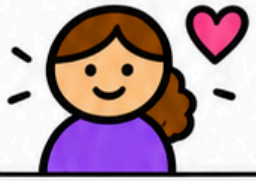
25. End the day by thinking of one kind thing you did today.

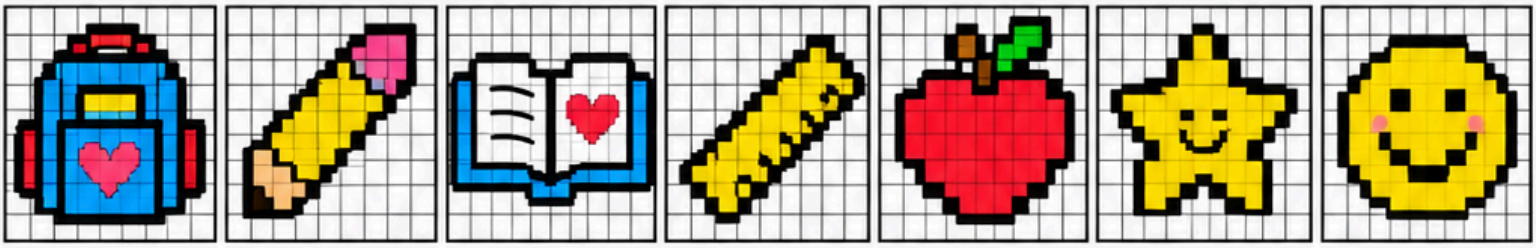


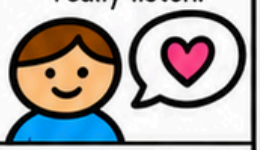
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AUGUST
KINDNESS CHALLENGE

Be thoughtful, helpful, and kind.

1. Help organize school supplies. 	2. Share a pencil with someone. 	3. Welcome someone into a group or game. 	4. Thank a teacher for all they do. 	5. Encourage a friend who finds a task difficult. 
6. Tidy a reading area. 	7. Help prepare for a new activity. 	8. Share a book with someone. 	9. Say something kind to a new classmate. 	10. Help keep your classroom or workspace clean. 
11. Let someone go ahead of you. 	12. Include someone who is sitting alone. 	13. Offer to help someone with their work. 	14. Give a sincere compliment to someone. 	15. Say “please” and “thank you” often today. 



16. Give a kind note to someone. 	17. Share your snack with someone. 	18. Help a friend practise a skill (e.g., reading, sports or a hobby). 	19. Hold the door for someone. 	20. Ask someone how they are feeling and really listen. 
21. Help a family member with a suitable task. 	22. Share something you enjoy (a game, idea or hobby). 	23. Write or draw something cheerful for someone. 	24. Do a kind deed without expecting anything back. 	25. End the day by thinking of one kind thing you did today. 

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SEPTEMBER KINDNESS CHALLENGE

Make kindness a habit at school and at home.

1. Help a classmate organize their materials.



2. Share a book with someone.



3. Thank someone who teaches you at school or helps you learn at home.



4. Listen to someone without interrupting.



5. Help clean up after a group activity.



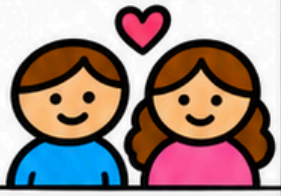
6. Include someone in a game or activity.



7. Offer a sincere compliment to someone.



8. Say something kind to a classmate.



9. Help a friend who is finding a task difficult.



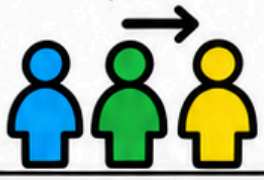
10. Share your snack with someone.



11. Help keep your classroom or workspace tidy.



12. Let someone go ahead of you.



13. Write a kind note to someone.

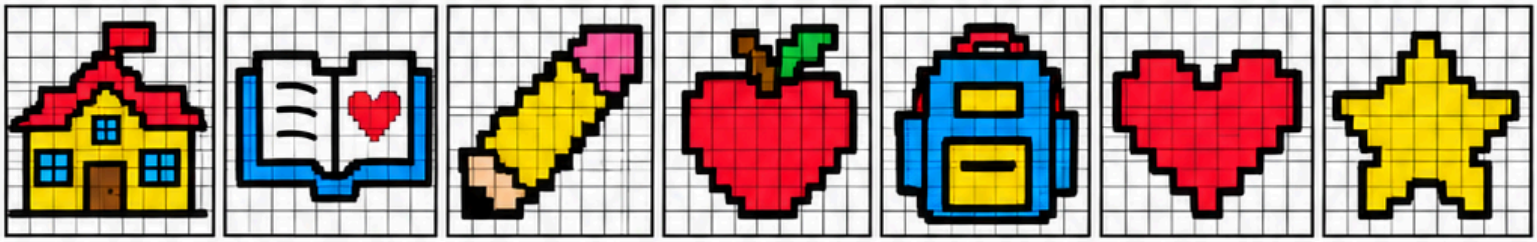


14. Encourage someone who is trying something new.



15. Do a kind deed without expecting anything back.





16. Help a family member with a suitable task.



17. Read with someone or listen to them read.



18. Share your ideas and be respectful of others.



19. Give a kind word to make someone's day brighter.



20. Ask someone how they are feeling and really listen.



21. Help take care of a school item or shared resource (e.g., books, supplies).



22. Invite someone to sit with you at lunch or break time.



23. Tell someone why you appreciate them.



24. Help set up for an activity or event.



25. End the day by thinking of one kind thing you did today.



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OCTOBER KINDNESS CHALLENGE

Share kindness and help others feel welcome.

1. Help rake leaves (with an adult supervision).



2. Share a favourite story with someone.



3. Thank someone for their help.



4. Offer encouragement to someone who is trying something new.



5. Help tidy autumn decorations at home or school.



6. Include a new friend in a game or activity.



7. Draw a cheerful autumn picture for someone.



8. Help a family member with a household task.



9. Say something kind to make someone smile.



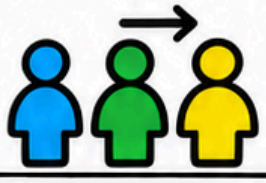
10. Share your snack with someone.



11. Help keep your classroom or workspace tidy.



12. Let someone go ahead of you.



13. Give a sincere compliment to someone.

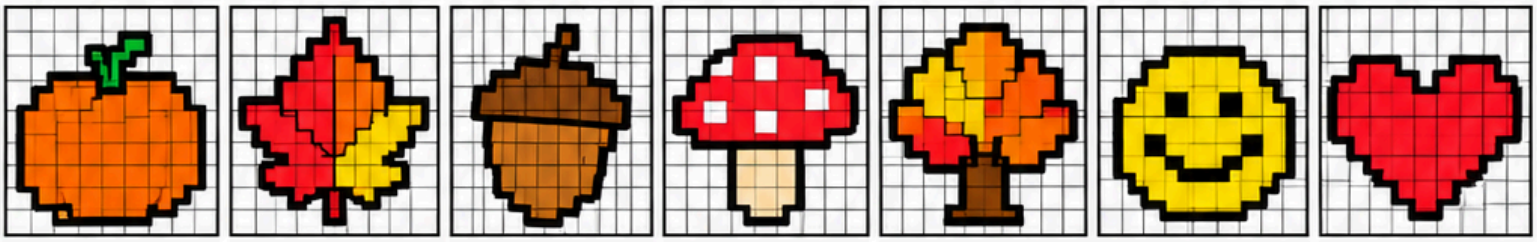


14. Help take care of a pet (with an adult).

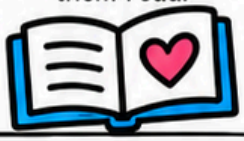


15. Spend time with someone who feels lonely.





16. Read a book with someone or listen to them read.



17. Help set the table for a meal.



18. Share your toys or games with someone.



19. Tell someone why you appreciate them.



20. Help a friend practise a skill (e.g., reading, sports or a hobby).



21. Pick up litter safely (with an adult).



22. Share something you enjoy doing with someone.



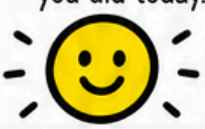
23. Invite someone to sit with you at lunch or break time.



24. Do a kind deed without expecting anything back.



25. End the day by thinking of one kind thing you did today.



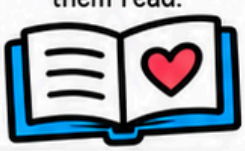
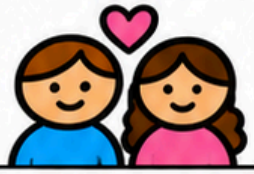
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NOVEMBER KINDNESS CHALLENGE

Show gratitude and kindness every day.

1. Thank someone for a meal. 	2. Help organize a shared space. 	3. Write an appreciation note to someone. 	4. Share something with a sibling or family member. 	5. Give a sincere compliment about someone's effort. 
6. Help a family member with a suitable task. 	7. Tell someone what you appreciate about them. 	8. Say thank you to someone who helps you often. 	9. Help keep your room or play area tidy. 	10. Share a favourite book or story with someone. 
11. Invite someone who is alone to join you. 	12. Help take care of a pet (with an adult). 	13. Set the table or help with mealtime preparations. 	14. Give a kind word to make someone's day brighter. 	15. Do a kind deed without expecting anything back. 

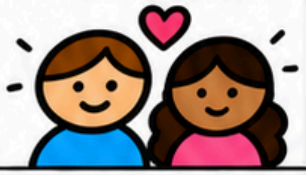
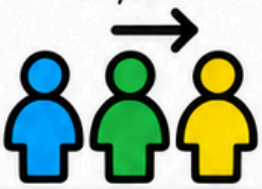


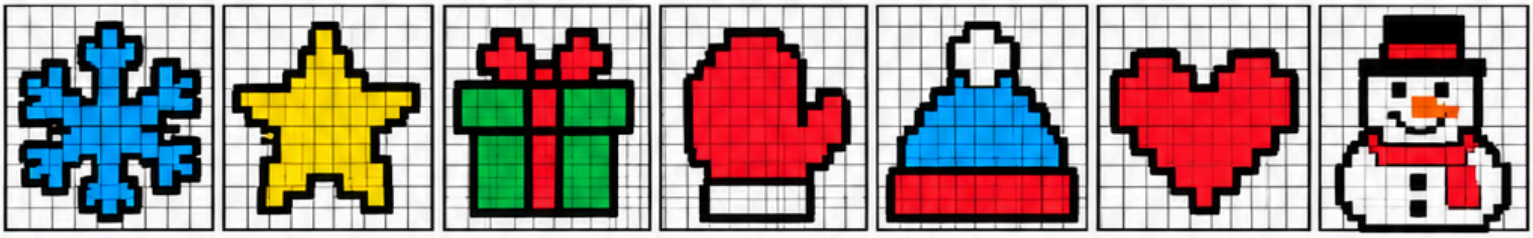
16. Read a book with someone or listen to them read. 	17. Spend time with someone who feels lonely. 	18. Share your snack with someone. 	19. Help a friend who is finding a task difficult. 	20. Make a cheerful drawing or card for someone. 
21. Pick up litter safely (with an adult). 	22. Share a toy, game or activity with someone. 	23. Thank a teacher, helper or community worker. 	24. Be patient and show a kind attitude today. 	25. End the day by thinking of one kind thing you did today. 

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DECEMBER KINDNESS CHALLENGE

Share joy, kindness, and caring with others.

1. Help decorate a shared space at home or school. 	2. Write a thank-you note to someone. 	3. Share a favourite book with someone. 	4. Invite someone to join a game or activity. 	5. Help wrap a gift (with an adult). 
6. Thank a caregiver for all they do. 	7. Offer encouragement to someone who feels left out. 	8. Share a snack or treat with someone. 	9. Help tidy your room, play area or a shared space. 	10. Say something kind to make someone smile today. 
11. Help a family member with a task. 	12. Do a kind deed without expecting anything back. 	13. Let someone go ahead of you. 	14. Make a cheerful drawing or card for someone. 	15. Give a sincere compliment to someone today. 



16. Read a book with someone or listen to them read. 	17. Share your toys or games with someone. 	18. Spend time with someone who feels lonely. 	19. Help take care of a pet (with an adult). 	20. Pick up litter safely (with an adult). 
21. Tell someone why you appreciate them. 	22. Share something you enjoy doing with someone. 	23. Be patient and kind even when it is difficult. 	24. Help set the table or prepare for a meal. 	25. End the day by thinking of one kind thing you did today. 

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