

OCTOBER KINDNESS CALENDAR



SUN	MON	TUES	WED	THU	FRI	SAT
				1 Hold the door for someone	2 Give someone a compliment	3 Volunteer in your neighborhood
4 Pick up garbage at your local park	5 Donate to a food bank	6 Introduce yourself to someone new	7 Write someone a thank you note	8 Help an elderly person	9 Leave an unexpected tip	10 Check in on a friend
11 Donate old clothes, costumes or toys	12 Give yourself grace	13 Notice a kind thing someone did for you	14 Make someone laugh	15 Gift money or food to an unhoused person	16 Share a hug with someone you love	17 Notice 3 things you're grateful for
18 Donate old books to a library or school	19 Notice what makes someone authentically themselves	20 Tell someone you love them	21 Plant a tree	22 Put food out for the birds	23 Find ways to say thank you to others	24 Visit a nursing home and spend time with residents
25 Leave someone a kind note	26 Make someone a care package	27 Donate at a pet shelter	28 Buy someone lunch or coffee	29 Return someone else's cart at the grocery store	30 Support a small business	31 Share your candy!