

# Kind Calendar

**M**

Share a positive message or uplifting thought on social media

Tell someone why you're thankful for them

Text a positive message to someone

When someone asks, "How's your day?" share a good thing that happened

Make someone laugh

**TU**

Compliment someone

Hold the door open

Do something without expecting recognition

Offer to go first

Thank your principal for being your principal

**W**

Treat yourself with something that celebrates you

Say thank you to the important people in your life

Leave a positive online review

Write a note to tell your friend why they are your friend

Let someone in line behind you go first

**TH**

Pick up litter

Thank a teacher for the difference they are making

Tell someone what you appreciate about them

Volunteer at home or school

Call your Nana or another important person in your life

**F**

Offer your seat

Respect others' time

Record a "Shout Out" and share on social

Fulfil a promise you have made

Listen to your favorite music

**S**

Help someone win

Spend quality time with your family

Make someone smile

Be patient with others

Make a snack for someone else

**S**

Forgive quickly

Take a treat to your next meet up

Reflect on the positives in your life

Spend mindful 'Me' time

Call someone you miss